2014'S BIGGEST CHART-TOPPERS

WOMEN PRETTY MUCH DOMINATED. PAGES 16-17

metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Wednesday, December 17, 2014 **www.metro.us | t: MetroNewYork | f: M**

Manhattan Dental Arts

Schedule your Free

snap on smile

Consultation

with The Inventor

Today!

Ivy League Dentists Specializing in:

- General, Cosmetic, & Restorative Dentistry
- Implants
- Root Canals
- Invisalign
- Sedation

New Patient Special

Cleaning, Exam, & X-Rays: $99

No Insurance? No Problem!

Conveniently located in Lincoln Center

Accepting most insurance plans

1995 Broadway (at 68th St)

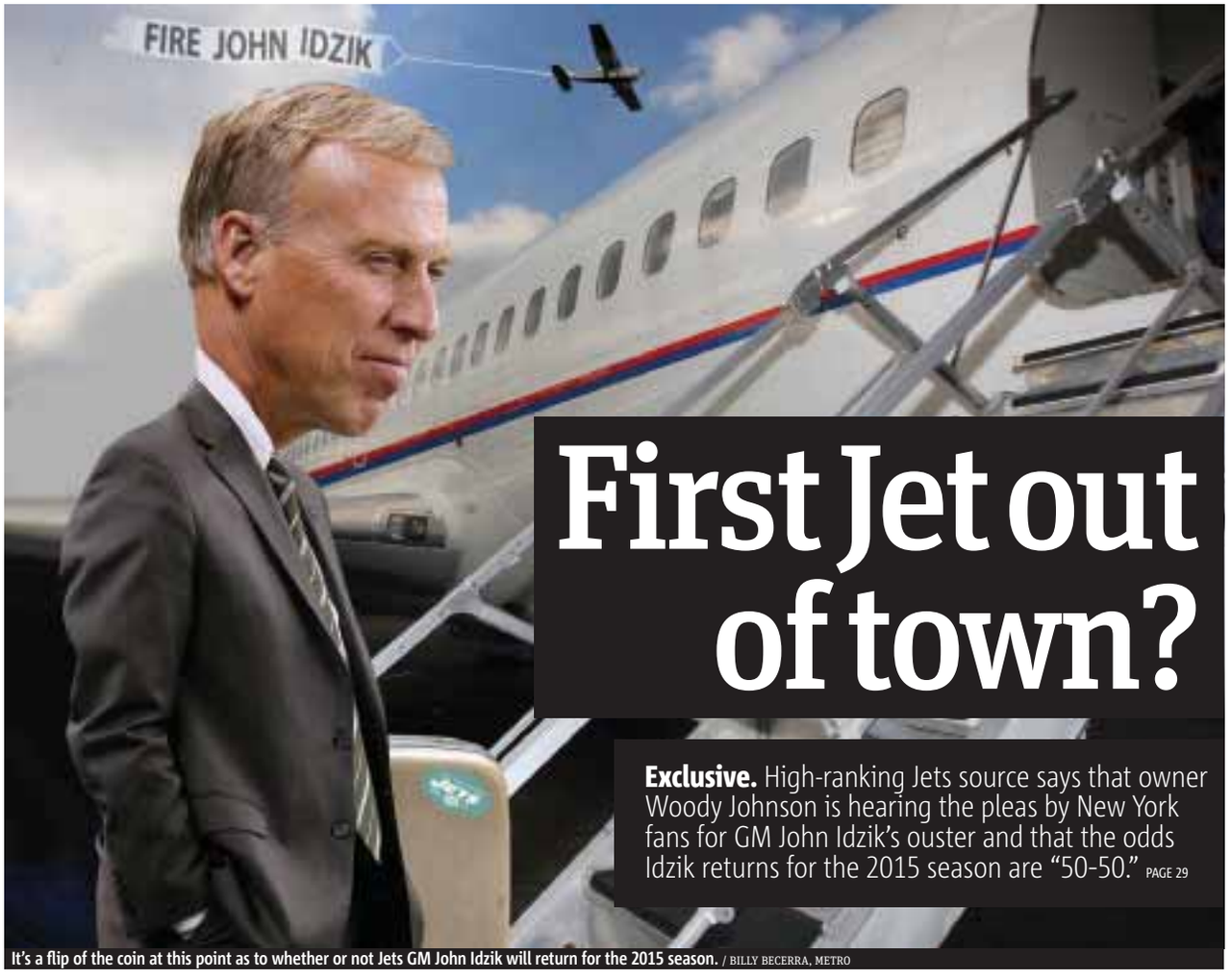
Suite 200

New York, NY 10023

info@ManhattanDentalArts.com

(212) 95 - SMILE

(212 - 957 - 6453)



It's a flip of the coin at this point as to whether or not Jets GM John Idzik will return for the 2015 season. / BILLY BECERRA, METRO

First Jet out of town?

Exclusive. High-ranking Jets source says that owner Woody Johnson is hearing the pleas by New York fans for GM John Idzik's ouster and that the odds Idzik returns for the 2015 season are "50-50." PAGE 29

Seth Rogen's film premiere threatened

PAGE 05

Throw a holiday party worthy of Pinterest

PAGE 22

Foods, diets and fads: The year in eating

PAGE 26

Find a Mount Sinai Primary Care Doctor

Close to You

www.PrimaryCareNYC.org

Mount Sinai

1 NEWS

Top 3

The best of Metro.us

1 'Q&A: Terrorism from Sydney to Philadelphia suburbs'

2 'VIDEO: Mother calls C-SPAN to scold debating sons on-air'

3 'Men who watch too much porn enjoy sex less: Study'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Some parts of the housing development are not well lit. / BESS ADLER, METRO

Stair lights dim, not dark when Gurley shot

In the dark. NYCHA needs $1 billion in lighting upgrades.

The public housing stairwell where a rookie NYPD officer shot Akai Gurley wasn't pitch-black, city officials said Monday.

The chairwoman of the New York City Housing Authority, Shola Olatoye, testified at a City Council hearing Tuesday that the day after Gurley, 28, was shot by Officer Peter Liang, workers said the lighting was "diminished" but not out.

Liang shot Gurley on Nov. 20 while the rookie officer patrolled the stairwell in Brownsville's Pink Houses.

Olatoye testified that a NYCHA employee at Pink Houses told investigators that when she left that day — hours before the shooting — there were no lights on the eighth floor where Gurley was killed.

The following day, inspectors found a fluorescent bulb in the stairwell was "dimly lit," but not out. The light was repaired soon after.

"The image of a dimly lit stairwell in the Louis H. Pink Houses tells a larger story," said Council member Ritchie Torres, who chairs the committee on public housing. "Conditions are getting worse, and getting worse faster and endangering the lives of NYCHA residents."

By the numbers

143
Number of lights repaired at Pink Houses since Gurley was shot

100K
Number of open NYCHA work orders

400K
Residents of NYC public housing

Since the shooting, 143 light fixtures have been repaired at Pink Houses, Olatoye said.

Olatoye said there are 100,000 open work orders for repairs across NYCHA, and less than 1 percent of those are for lighting issues.

Olatoye said the loss of $1.6 billion in funding since 2001 "forces NYCHA to continue to make tough decisions on how our limited resources are used."

Ray Ribeiro, executive vice president for capital projects, said NYCHA would need $425 million to upgrade and repair all interior lighting across the system, and another $500 million for outdoor lights.

Torres said recent protests, and the rallying cry that "Black Lives Matter," force the city to examine their "failures" of "black and brown lives," and that 90 percent of NYCHA residents are black and Latino.

Visit **Metro.us** to read more about ongoing issues in NYCHA buildings.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Two suspects / PROVIDED

NYPD. Facial recognition tech may help nab Brooklyn Bridge assailants, Bratton says

The NYPD will use facial recognition technology to identify seven suspects and nine witnesses in Saturday's assault on two police lieutenants on the Brooklyn Bridge captured on video, Police Commissioner Bill Bratton said Tuesday.

A YouTube video shows part of the confrontation.

"We are certainly looking to match these photos up with others that we might have in our possession," Bratton said.

The lieutenants, Philip Chan and Patrick Sullivan, were knocked to the ground, kicked and punched by protesters who participated in a march for Eric Garner and other black men shot by police at around 8 p.m. Saturday.

Cops released photos of four men and three women seen assaulting the lieutenants on video. Witnesses include a man wearing a green legal observer hat, and two men who filmed the protests.

The suspects attacked the officers as they tried to arrest Eric Linsker, a Baruch College instructor police say tried to throw a garbage can at other officers.

"The agitators and the anarchists are seeking to use the cover of these otherwise peaceful demonstrations to advance their own goals," Bratton said.

WENDY JOAN BIDDLECOMBE

STAR GIFT
BETSEY JOHNSON
Phone crossbody bag.
$88. ★ 1737116.

Star GIFTS
GIVE. GET. SHARE.

SHOP OUR EXCLUSIVE COLLECTION OF GREAT GIFT IDEAS FROM TODAY'S TOP DESIGNERS AND BRANDS! TO SEE THE ENTIRE STAR GIFTS COLLECTION, VISIT MACYS.COM/GIFTS

STAR GIFT
AMERICAN RAG
Only at Macy's. Davey lace-up bootie. 5-10,11M. Reg. $79.
Sale 49.99. ★ 1689601.

STAR GIFT
AMERICAN RAG
Only at Macy's.
Femme sweater.
Juniors. 59.50.
★ 1004037.

STAR GIFT
MATERIAL GIRL
Only at Macy's.
Bouclé sweaters.
Juniors. 49.50 ea.
★ 1642088.

STAR GIFT
SASSY SWEATS
Juniors' tops.
$34 ea.
For example.
★ 1719671.

STAR GIFT
BETSEY JOHNSON
Half-stretch bracelets boxed for giving. $35 ea. From left:
★ 1730515, ★ 1730512.

the magic of macy's.com

➤ REG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SALE PRICES IN EFFECT THROUGH 12/18/2014. MERCHANDISE WILL BE ON SALE AT THESE AND OTHER SALE PRICES NOW THROUGH 1/3/15, EXCEPT AS NOTED. Advertised merchandise may not be carried at your local Macy's and selection may vary by store. Prices and merchandise may differ at macys.com. 4110725

Chikungunya: A growing epidemic

Critical. While not deadly, the mosquito-borne virus is now in NYC.

Travelers returning to New York City from the Caribbean are spreading the mosquito-borne virus Chikungunya at an alarming rate, making New York City the new U.S. capital of the illness.

At 533 recorded cases to date, New York City, with its high population of Caribbean residents — 21% of the city's population, according to the Department of City Planning — has surpassed Florida and New Jersey in the number of travel-associated cases of the virus.

Since arriving in the Americas in late 2013, Chikungunya (pronounced chicken-gun-yah) has affected more than 776,000 people in the Caribbean Islands and Latin America, said the World Health Organization. Haiti, Jamaica, Puerto Rico, Dominican Republic, the U.S. Virgin Islands and Trinidad and Tobago have all reported cases.

The U.S. currently has more than 1,850 cases, nearly all of which stemmed from travel to and from affected areas, mirroring the way the dengue virus spread to the States in the 1950s. Dengue, like Chikungunya, is a mosquito-borne disease.

Chikungunya is "pretty dramatic when you see it," said Dr. Jeffrey Greene, a clinical professor and chief of the Section of Infectious Diseases at NYU Langone Medical Center. The key to treating it, he said, is making a proper diagnosis.

A health worker examines a patient. / GETTY IMAGES

Chikungunya is characterized by an abrupt onset of fever, frequently accompanied by joint pain. Other common signs and symptoms include muscle pain, headache, nausea, fatigue and rash, the World Health Organization says on its website. The joint pain is often very debilitating, but usually lasts only a few days or weeks, it said.

DAN BUYANOVSKY
@metronewyork
letters@metro.us

ACS. Counselor charged with choking juvenile in Bronx

A juvenile counselor with the Administration for Children's Services (ACS) was arrested Monday after he allegedly choked a teen in his care.

Police said Rafael Pasols, 47, was taken into custody and charged with the strangulation, criminal obstruction of breathing and assault of a 17-year-old boy on Nov. 8 at the Horizon Juvenile Justice Center in the Bronx's Mott Haven section. The teen was taken to Lincoln Medical and Mental Health Center for care.

Neither police nor ACS were able to detail what led to the violent confrontation.

ACS responded to Pasols' arrest by stating it remains committed to serving young people and keeping their environment safe.

"We take allegations of violence very seriously and are investigating the circumstances surrounding this incident and will implement a disciplinary response if necessary," the agency said in a statement.

Pasols, identified as 5-feet-9 and weighing 250 pounds, was released on bail Monday. It was not immediately clear if Pasols retained legal representation. CHESTER JESUS SORIA

Quoted

"We take allegations of violence very seriously and are investigating the circumstances surrounding this incident and will implement a disciplinary response if necessary." The agency's statement

Celebrate the Holidays with
TIME WARNER CABLE
LOCAL ON DEMAND
CHANNEL 1020
RECIPES ❄ YULE LOG ❄ HOLIDAY WINDOWS
Free exclusive features to help bring something special to your family gatherings this year
Available whenever you want it
TIME WARNER CABLE
LOCAL ON DEMAND
CHANNEL 1020

Rogen comedy film premiere subject of threats from hackers

Blurred lines. Unidentified hackers threaten "bitter fate" for moviegoers.

The NYPD plans to beef up security at the New York premiere of "The Interview" after hacker threats surfaced Tuesday.

"It's not crystal clear whether it's a cyber response that they are threatening, or a physical attack," said John Miller, deputy commissioner of counterintelligence.

Additional police officers will be present for Thursday's screening at Landmark Sunshine Cinemas on East Houston Street. The comedy about a plan to assassinate North Korea's leader, stars Seth Rogen and James Franco as reporters who, upon landing an exclusive interview with Kim Jong Un, are then recruited by the CIA.

"We will clearly show it [our Christmas gift] to you at the very time and places 'The Interview' be shown, including the premiere, how bitter fate those who seek fun in terror should be doomed to," the hackers wrote.

They later mentioned the 9/11 attacks and denounced the greed of Sony Pictures Entertainment.

Miller said the NYPD is looking into the "credibility" of the threat. A hacker group called "Guardians of Peace" sent a threatening email to Sony Pictures CEO and Chairman Michael Lynton on Tuesday morning, the Los Angeles Times reported.

James Franco and Seth Rogen at the LA premiere of "The Interview" / GETTY IMAGES

Press reports said North Korea may have been behind a hacking of Sony's computer systems that revealed a trove of private emails between top executives.

Calls to Sunshine Cinemas and Sony were not immediately returned.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Assault

Homeless woman charged in beating death

A homeless Bronx woman suspected in the beating death of an elderly woman in 2012 turned herself into custody Tuesday, police said.

Pia McQueen, 31, was charged with second-degree murder, burglary and criminal possession of a weapon after she showed up Monday at the 49th Precinct station house on Eastchester Avenue.

Cops said they suspect McQueen robbed and attacked Evelyn Shapiro, 88, in June 2012, over jewelry.

In June 2012, officers responded to a call from Shapiro's apartment in Pelham Parkway Houses after her attacker already fled. Shapiro was found unconscious by paramedics and was pronounced dead at the scene. **METRO**

The Bronx. Teenage suspect arrested in Sept. stabbing death

Police arrested the teenage suspect involved in the stabbing of four Bronx youths in September, in which one of the victims died.

Ken Goodwin, 18, was taken into custody for the Sept. 28 incident when authorities said he attacked the four victims at a birthday party on Barnes Avenue in the Morris Park section.

Investigator said Goodwin — who was also identified by the nickname "Shaq" — fatally stabbed Justin Fallu, 14, in the chest. Paramedics rushed Fallu to Jacobi Medical Center where he died.

CHESTER SORIA

Bludgeoned

Cops make arrest in death of roommate

NYPD officers arrested and charged a teenager in the death of a Bronx man found bludgeoned with a shovel.

Armando Sanchez, 19, is suspected of killing his older roommate, Elvin Ramirez, 63, after a confrontation between the two on Nov. 13 left the elder man unconscious and bleeding from the head. Paramedics declared Ramirez dead at the scene. The two shared an apartment on Grand Concourse in the Fordham section of the Bronx.

Police said Sanchez was found in and extradited from Virginia on Sunday. **METRO**

SAMSUNG
12:45 PM
12:45
62°
Samsung
GALAXY LIGHT™
Samsung Galaxy Light™
4G LTE
$29
After instant rebate.
In-store only.
metroPCS®
Phone Instant Rebate Offer: Limited time offer. Requires new line activation or a phone upgrade. Between November 19, 2014 and December 31, 2014 at participating MetroPCS stores purchase a Samsung Galaxy Light phone and receive an instant $120 rebate off of regular price. In-store only. Instant rebate has no cash value. Certain restrictions apply. Limit five (5) per household. No rain checks. Instant rebates are provided in the form of a credit against the regular purchase price at time of sale. See store associate for complete details. Sales tax not included and is collected in accordance with state and local laws. Certain restrictions apply. Offer available while supplies last. General: Not all phones or features available on all service plans. Certain restrictions apply. Coverage and services, including, without limitation, MetroPCS 4G, LTE, HSPA, and CDMA coverage and services, not available everywhere. Rates, services, coverages, and features subject to change. Phone selection and availability may vary by store. Screen images are simulated and are subject to change. MetroPCS features and services for personal use only. Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. See store or metropcs.com for details, coverage maps, available phones, restrictions and Terms and Conditions of Service (including arbitration provision). Coverage maps approximate anticipated coverage outdoors, which may include limited or no-coverage areas, and do not guarantee service availability. MetroPCS related brands, product names, company names, trademarks, service marks, and other intellectual property are the exclusive properties of T-Mobile USA, Inc. All other brands, product names, company names, trademarks, service marks, and other intellectual property are the properties of their respective owners. Copyright ©2014 T-Mobile USA, Inc.

Second Shift. Brett David has a penchant for striking a pose

SECOND SHIFT

Creative ways city dwellers make ends meet

EMILY LAURENCE
Contact us if you have a story to tell: emily.laurence @metro.us

Bio

Brett David

Age: 35
Residency: Lower East Side
Lives: Alone
Number of jobs: 3

You're the creative director of Rochelle's, in the Lower East Side. That sounds like a full-time job in itself.
My focus is always on the bar. The first six months, it was seven days a week, 100 hours a week.

How much time does modeling take up?
In a good week, I go on two or three castings a week. I'm 35 years old, have 140 hours of tattoo work and a big beard. I have a niche look. It works for me and I get a lot of direct bookings.

What is your third job?
I'm on salary at The Line Group, which is an investment company. They invested in Rochelle's and most of my time is focused on Rochelle's, but they throw a lot of ideas past me for other places about decor, design and functionality.

When do you sleep?

Brett David / PROVIDED

I go to bed around 2 a.m. and I'm up at 7. I've also only been drunk 10 times in my life, have never smoked a cigarette or done a drug. My vices are tattoos and coffee. I try to schedule my first meeting between 9 and 10 a.m. because it means I have to get out of bed.

Is that it?
I also write sonnets and have submitted several to a publishing house in Paris. They accepted 5,000 applicants and I'm in the top 30. If chosen, I'll land a three-book deal.

ReMake
THE HOLIDAYS
DECEMBER 27–30
Bend, twist, light, sculpt and animate!
Join us in creating a new version of the holiday season with workshops, demos, artist installations and more.
GINGERBREAD LANE
NOVEMBER 13, 2014 – JANUARY 11, 2015
Experience the world's largest gingerbread village made up of 1.5 tons of edible houses, trees, trains, a subway station and more. Special workshops Nov 22, Dec 13, Dec 27 and January 11.
ReMake the Holidays Generously Supported by Astoria Bank.
nysci.org 47-01 111th Street • Queens, NY
111th Street • Easy on-site parking
nysci
New York Hall of Science

synchrony BANK

Crystallize your savings plan.

Two ways to save with optimizer+plus award-winning products.

Special Offer: 15-MONTH CD
1.20% APY[1]
on balances of $2,000 or more

HIGH YIELD SAVINGS
1.00% APY[2]
on all balances

Call us at **1-800-753-6870** or visit us at **myoptimizerplus.com** to get started using promo code **NEWS2014.**

optimizer+plus™
Great Rates + Safety = Peace of Mind.

[1,2] Annual Percentage Yields (APYs) are accurate as of 11/17/14 and subject to change at any time without notice. Fees may reduce earnings. Visit myoptimizerplus.com for current rates, terms and account requirements. Offers apply to personal accounts only. Funds must come from a source outside Synchrony Bank.
[1] The minimum balance required to earn the advertised APY is $2,000 and must be deposited in a single transaction. Accounts with balances of $2,000 or more earn 1.20% APY. The minimum balance to open a CD is $2,000. A penalty may be imposed for early withdrawals. After maturity, if you choose to roll over your CD, you will earn the base rate of interest in effect at that time.
[2] For High Yield Savings Accounts, rates are variable and subject to change any time without notice after the account is opened. The minimum balance required to earn the advertised APY is $0, but a minimum balance of $30 is required to open an account and avoid a $5 monthly service charge.
© 2014 Synchrony Bank
Member FDIC

Women mourn their relative, Mohammed Ali Khan, 15, a student who was killed during an attack by Taliban gunmen at the Army Public School. / REUTERS

Taliban slaughter at least 130 in Pakistan school

Attack. Some 500 pupils between the ages of 10 and 20 were inside the building when the gunfire started.

At least 130 Pakistanis, most of them children, were killed in the broad daylight attack on the military-run school on Tuesday, an assault lauded by Taliban insurgents as revenge for the killings of their own relatives by the Pakistani army.

Reuters interviews with witnesses showed most victims were shot in the first hours of the assault when gunmen sprayed the premises with bullets in an indiscriminate massacre.

It was possible that some were also killed in the ensuing gunfight with Pakistani armed forces who stormed the building.

The school in Peshawar, a Pakistani city on the edge of the country's turbulent tribal belt, is operated by the army. Although it enrolls some civilian students, many of its pupils are children of army officials, the Taliban's intended target.

A group of nine militants, suicide vests tightly strapped to their bodies, burst into the building, according to witnesses. Some said they were wearing Pakistani army uniforms.

They bypassed the heavily guarded main entrance and slipped in through a less frequently used back entrance, according to the witnesses.

Shahrukh Khan, 15, was shot in both legs but survived after hiding under a bench.

"One of my teachers was crying, she was shot in the hand and she was crying in pain," he said from a bed in Peshawar's Lady Reading Hospital. **REUTERS**

Quoted

"By targeting students and teachers in this heinous attack, terrorists have once again shown their depravity." President Obama

Quoted

"One terrorist then walked up to her and started shooting her until she stopped making any sound. All around me my friends were lying injured and dead." Khan

Pakistan massacre

Kerry says school attack angers the world

Secretary of State John Kerry said Tuesday's Taliban attack on a school in Peshawar, Pakistan, in which at least 130 people were killed — most of them children — had angered the world.

"The news of the brazen murder of more than 120 innocent students in Peshawar is devastating," he told reporters. "This morning, wherever you live, wherever you are, those are our children and this is the world's loss.

"This act of terror angers and shakes all people of conscience ... the perpetrators must be brought to justice." **REUTERS**

WANT TO BE THE ULTIMATE SANTA THIS SEASON?
VISIT MACYS.COM/GIFTS

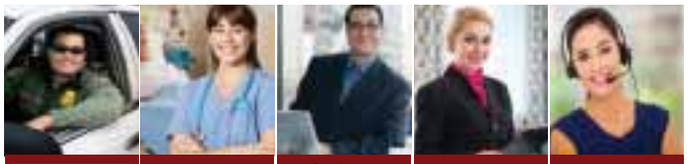
Believe

BETSEY JOHNSON
Phone crossbody bag.
$88. ★ 1737116.
Quilted shopper.
$98. ★ 1731362.

the magic of macy's .com

FREE ONLINE SHIPPING & FREE RETURNS Free shipping with $99 purchase. Free returns by mail or in-store. U.S. only. Exclusions apply. Details at macys.com/freereturns ➤ MACY'S BY APPOINTMENT Contact our personal shoppers for our free service. Make an appointment today. Call 1-800-343-0121 or log on to macys.com/mba ➤ Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ on macys.com. 4110173

LIBI LONG ISLAND BUSINESS INSTITUTE
The College for Career Education
Welcome To Your Future
GET THE CAREER YOU DESERVE. BECOME A GREAT PROFESSIONAL



Homeland Security & Security Management
Emergency Care Management
Health Administration & Technology
Business Management
Accounting
Office Technology & Medical Office
Hospitality Management
Community Interpreter

ASK ABOUT OUR 2+2 BACHELOR DEGREE TRANSFER OPTIONS

HS Graduate Scholarships
No Loan Necessary

Lifetime Job Placement Assistance

State & Federal Financial Aid Available
To Those Who Qualify

APPLY NOW!
• Two Locations for your Convenience •
Manhattan Campus
212.226.7300
408 Broadway, New York, NY 10013
Queens Campus
718.939.5100
136-18 39th Avenue, Flushing, NY 11354

WWW.LIBI.EDU
REGISTERED COLLEGE IN NEW YORK STATE

Philly killer dead of stab wounds in woods

Police. Bradley Stone found dead in a wooded area after killing his wife and five other relatives over an apparent custody dispute.

Vehicles line the street as police respond to the massacre and hunt for the suspect, Bradley Stone. / CHARLES MOSTOLLER, METRO

After Bradley Stone killed his ex-wife and her five family members, he ran for the woods a half-mile from his Pennsburg home, cut himself in the stomach and bled to death.

While the coroner has not signed off on the cause and manner of death, "Based upon what we found at the scene we believe that he died from self-inflicted cutting wounds in the center part of his body," said Montgomery County District Attorney Risa Vetri Ferman.

It was not immediately clear how long Stone had been dead before his body was discovered.

Ferman said a blade was found at the scene, but did not know whether it was a sword.

If a sword was used, the manner of Stone's death would resemble the seppuku, a method of suicide considered honorable by the military, or samurai, class in feudal Japan.

The 35-year-old former Marine on Monday killed his ex-wife and five of his in-laws in a child custody dispute, before taking off with his two daughters, ages 6 and 8, whom he left, unharmed, at a neighbor's. He was found around 1 p.m. Tuesday following a 34-hour manhunt that stretched across four towns and two counties.

Metro reported Monday night that law enforcement officials suspected Stone was already dead. Several sources speculated that Stone would commit suicide.

TOMMY ROWAN, METRO

Apply Now for Spring.
www.bmcc.cuny.edu/apply | applynow@bmcc.cuny.edu
BMCC Start Here. Go Anywhere.
BOROUGH OF MANHATTAN COMMUNITY COLLEGE
CUNY The City University of New York

Now hardworking New Yorkers have their own number for health insurance:

1.844.519.5775

Not covered at work?
Unhappy with your current plan?
Think you can't afford a health plan?

Let us help you.
Call us today.

At Healthfirst, we believe hardworking people like you make New York City great. So we're watching out for you with health insurance plans for individuals and families. Call us now and set up a meeting. We'll tell you all about:

- **New lower rates**
- **$0 copays***
- **Adult Vision Care****
- **Adult Dental Care****
- **Large network of doctors and specialists**
- **Financial assistance for those who qualify**

Get affordable health insurance from Healthfirst.

Call 1.844.519.5775

Visit us at www.NYHealthfirst.org

TDD/TYY 1.888.542.3821

healthfirst®

*No copays for recommended in-network preventive care services, including immunizations, routine exams, women's preventive health services, and prostate screening.
**You must enroll in a Healthfirst Platinum, Gold, Silver, or Bronze Leaf Premier Plan to have adult dental and adult vision benefits.

QHP14_155

New York City's Premiere Medi-Spa and Wellness Center

manhattan **total health**

SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY

Grand Central:	Midtown:	West Side:	Wall Street:
144 E. 44th St., 6th Fl.	22 E. 49th St., 5th Fl.	57 W. 57th St., Ste. 1012	39 Broadway, Ste. 610
New York, NY 10017	New York, NY 10017	New York, NY 10019	New York, NY 10006
(212) 905-0090	(212) 832-9127	(212) 906-0140	(212) 514-5868

www.manhattantotalhealth.com

MEGAN LORENZ

Seeing the owl picture

It appears that owls love a selfie, too. Megan Lorenz took this shot of a burrowing owl (Athene cunicularia) staring at a GoPro camera during a visit to Cape Coral, Florida. Her picture was a winner in the Backyard Habitat Category in U.S. conservation group National Wildlife Federation's annual photo competition.

Varicose Veins GOT YOU DOWN?

FAST, NON-INVASIVE TREATMENTS FOR
Varicose Veins • Spider Veins
Facial Veins

New York City's Premier Vein Only Practice

DAVID M. GLASS, MD, FACS
Board Certified Vascular Surgeon
25 Years of Experience

Most of my patients say
"I wish I had done this sooner!"

Most Insurance Accepted!

NEW YORK VEIN CENTER
BROOKLYN / MANHATTAN / BRONX

1-718-996-4400
www.NewYorkVeinCenter.org
©COPYRIGHT 2013, NEWYORK VEIN CENTER ALL RIGHTS RESERVED
DOWNLOAD THE NYVC APP IN THE APPLE APP STORE

The collapse of Putin's economy

Economic instability. U.S. and European sanctions have targeted the finance and oil industries.

The foundations on which Vladimir Putin built his 15 years in charge of Russia are giving way.

The meltdown of the ruble, which has plunged 18 percent against the dollar in the last two days alone, is endangering the mantra of stability around which Putin has based his rule. While his approval rating is near an all-time high on the back of his stance over Ukraine, the currency crisis risks eroding it and undermining his authority, Moscow-based analysts said.

The president took over from an ailing Boris Yeltsin in 1999 with pledges to banish the chaos that characterized his nation's post-communist transition, including the government's 1998 devaluation and default. While he oversaw economic growth and wage increases in all but one of his years as leader, the collapse in oil prices coupled with U.S. and European sanctions present him with the biggest challenge of his presidency.

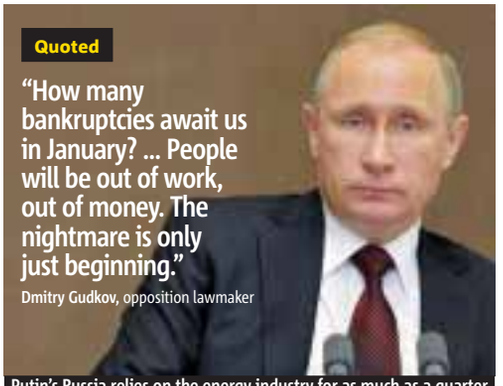
"People thought: 'He's a strong leader who brought order and helped improve our living standards,'" said Dmitry Oreshkin, an independent political analyst in Moscow. "And now it's the same Putin, he's still got all the power, but everything is collapsing."

While the unfolding crisis may lead to a gradual erosion of Putin's support, any protests that occur will mainly be against lower-level officials, said Igor Bunin, head of Moscow's Center for Political Technologies. BLOOMBERG

Quoted

"How many bankruptcies await us in January? ... People will be out of work, out of money. The nightmare is only just beginning."

Dmitry Gudkov, opposition lawmaker



Putin's Russia relies on the energy industry for as much as a quarter of economic output, Moody's Investors Service said in a report. / REUTERS

Interest rates

17%

In a surprise move Tuesday, the Russian central bank raised interest rates by the most in 16 years, taking its benchmark to 17 percent. That failed to halt the rout in the ruble, which has plummeted to about 70 rubles a dollar from 34.

Experts say

Economic woes will deepen

The ruble meltdown and accompanying economic slump marks the collapse of Putin's oil-fueled economic system of the past 15 years, said an executive at Gazprombank, the lender affiliated to Russia's state gas exporter. He asked not to be identified.

The higher interest rate will crush lending to households and businesses and deepen Russia's looming recession, according to Neil Shearing, chief emerging-markets. BLOOMBERG

Cautious. Apple stops online sales in Russia over ruble fluctuations

Apple Inc. has halted online sales in Russia due to "extreme" ruble fluctuations, the company said.

Last month, the company increased the price of the iPhone 6 by 25 percent in Russia.

Apple closely monitors currencies, with Chief Financial Officer Luca Maestri telling analysts on Oct. 20 that while the strengthening U.S. dollar had little effect on the company's results during the quarter that ended Sept. 27, it's "becoming a significant headwind" in the current period.

IPhone in Russia / REUTERS

Quoted

"Our online store in Russia is currently unavailable while we review pricing."

Alan Hely, a spokesman for Apple

Russia sales make up a small part of Apple's market for the iPhone 6 and 6 Plus, which were rolled out this year. IPhone sales in the country doubled last year to 1.57 million unit, bringing in $1 billion, according to researcher IDC. Apple shipped 153.4 million iPhones in 2013, according to IDC.

Until late November, Apple had refrained from increasing iPhone prices in Russia, making the price for an iPhone in the country Europe's lowest at about $700. BLOOMBERG

WANT TO BE THE ULTIMATE SANTA THIS SEASON?
VISIT MACYS.COM/GIFTS
Believe
LONDON BLUE TOPAZ & DIAMOND JEWELRY
In sterling silver.
Earrings. $650. ★ 1381505.
Pendant. $600. ★ 1381504.
Bangle. $1100. ★ 1381507.
Ring. $600. ★ 1381506.
the magic of macy's .com

FREE SHIPPING & FREE RETURNS AT MACYS.COM Free shipping with $99 purchase. Free returns by mail or in-store. U.S. only. Exclusions apply. Details at macys.com/freereturns ➤ MACY'S BY APPOINTMENT Contact our personal shoppers for our free service. Make an appointment today. Call 1-800-343-0121 or log on to macys.com/mba ➤ Photo may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Advertised merchandise may not be at your local Macy's; selection may vary by store. Prices & merchandise may differ on macys.com. 4110345

Snorers, need a more attractive option?

We offer effective treatments beyond the CPAP mask.

If you've forgotten what it feels like to get a good night's sleep, due to snoring or sleep apnea, join the thousands of patients who have been successfully treated by our doctors.

At **eos sleep**, our physicians diagnose and treat the many causes of snoring and sleep apnea, and consider all of your options before recommending a treatment plan. Our in-office, minimally invasive treatments have proven to be a dream come true for many of our patients ***and*** their bed partners.

Most Insurance Plans Accepted.

For more information and to hear our patient testimonials, visit
eossleep.com
Call 1.800.eossleep
800.367.7533

eos sleep™
For the treatment of snoring and sleep apnea

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC
833 NORTHERN BLVD GREAT NECK

Clues. NASA rover finds organic molecules, methane gas on Mars

NASA's Mars rover Curiosity has found carbon-containing compounds in samples drilled out of an ancient rock, the first definitive detection of organics on the surface of Earth's neighbor planet, scientists said on Tuesday.

The rover also found spurts of methane gas in the atmosphere, a chemical that on Earth is strongly tied to life. Additional studies, which may be beyond the rover's capabilities, are needed to determine if the organic compounds and/or the methane gas were produced by past or present life on Mars or if they stem from geochemical processes.

"We have had a major discovery. We have found organics on Mars," Curiosity lead scientist John Grotzinger, with the California Institute of Technology in Pasadena, California, said during a webcast press conference at a science meeting in San Francisco.

Curiosity picked up hints of organics in its earliest chemical analysis of rocks in Gale Crater, a 96-mile-wide impact basin where the rover made a sky-crane landing in August 2012.

Last week, scientists published research showing the crater was once filled with water, with sediments building up over time to form 3-mile high Mount Sharp, which rises from the basin's floor. REUTERS

NASA's Mars rover Curiosity drilled into this rock target, "Cumberland," and collected a powdered sample of material from the rock's interior. / NASA / REUTERS

Quoted

"The probability of any of these things being sources [from life] ... we just have to respect that it is a possibility." Grotzinger

Painful Varicose Veins and Swollen Legs?

Do you have any of these symptoms?

Check all the boxes that apply to you:

- ☐ Varicose Veins
- ☐ Spider Veins
- ☐ Itching and Burning
- ☐ Leg Pain and Cramps
- ☐ Heaviness and Swelling
- ☐ Skin Discoloration
- ☐ Ulcers and Blood Clots
- ☐ Problem Walking Long Distances

You may have a serious medical condition called Venous Insufficiency.

USA Vein Clinics will help you!

Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

Covered by Medicare and Most Insurances

Trust your legs ONLY to the top specialists... at USA Vein Clinics!

CALL (917) 717-5135
Open Saturdays

New York:
1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375
NEW LOCATION
1975 Hylan Blvd, Staten Island, NY 10306

New Jersey:
766 Shrewsbury Ave, Ste 300,
Tinton Falls, NJ 07724

USA Vein Clinics

"I want a health plan that has the benefits we need."

Fidelis Care offers quality, affordable New York State-sponsored health insurance for children and adults of all ages and at all stages of life.

From NY State of Health: The Official Health Plan Marketplace, to Child Health Plus, Medicaid Managed Care, Medicare Advantage, Managed Long Term Care and more, we have a program that meets your needs.

And, with our growing provider network, you can see a Fidelis Care doctor almost anywhere you go in New York State!

We have a health insurance program that's right for you – and the ones you love.

Save the Dates for Open Enrollment!

Product:	Enroll From:
• Metal-Level Products in NY State of Health	November 15, 2014 - February 15, 2015
• Child Health Plus • Medicaid Managed Care	All Year Long!

Products not available in all counties.

To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health, the Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

1-888-FIDELIS | fideliscare.org

(1-888-343-3547) • TTY: 1-800-421-1220 **To renew your coverage each year, call 1-866-435-9521**

H3328_FC 14160 CMS Accepted

2

CULTURE

Twitter feed

Today, Harry Styles is getting in the holiday spirit, Whitney Cummings is shilling for "The Gambler," Paris Hilton is London's problem — for today, at least — Marlon Wayans has some tips for life and Lena Dunham is just being honest.

@Harry_Styles: Polishing my dreidel and searching for oil. Chanukah sameach everybody.

@WhitneyCummings: mark wahlberg is in another movie. it's called "mark wahlberg is in yet another jam"

@ParisHilton: Time for some London shopping!

@MarlonWayans: I started smiling hard the day I stopped giving a f---... Control your smile

@lenadunham: The doctor asked "do you need any pain medicine?" and I said "no, doctor, I WANT pain medicine. It's different."#adulthood #maturity #wisdom

1 Fantasy franchise feminism fracas!

Looking for someone to take issue with "Harry Potter" star Emma Watson's U.N. address about feminism? Well, "Game of Thrones" star Maisie Williams is happy to serve. The 17-year-old tells the Guardian that she's impatient with such "first-world feminism" and is looking to do more. "A lot of what Emma Watson spoke about, I just think, 'That doesn't bother me,'" Williams says. "I know things aren't perfect for women in the U.K. and in America, but there are women in the rest of the world who have it far worse." Your move, Hermione.

Maisie Williams takes on Emma Watson. / ALL PHOTOS GETTY IMAGES

2 Amy Pascal apology tour continues

With more leaked emails hitting the Web every day, it should come as no surprise that Sony chief Amy Pascal gathered her employees this week at the studio's Culver City, California, lot to address the ongoing hacking scandal. And it also shouldn't come as a surprise that we know about the apology because someone snuck out audio of it. "It devastates me that something I did or said in a second would hurt any one of you and for that I am profoundly sorry," a "near tears" Pascal told staffers during a pair of meetings Monday, according to The Hollywood Reporter. At least one employee seemed mollified, telling the trade, "Amy made what sounded like a serious apology."

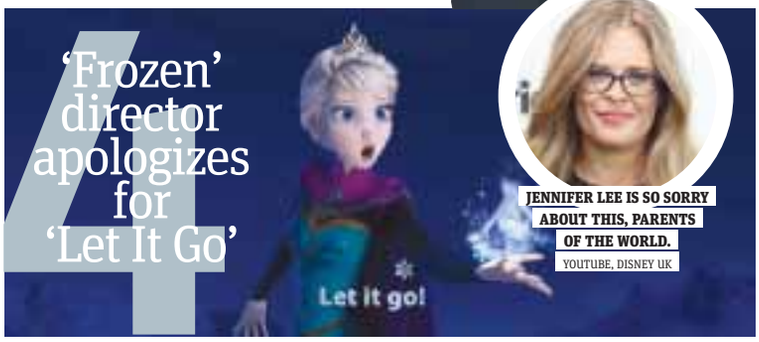
3 Why Jon Hamm isn't playing a superhero

With the glut of comic book movies coming out of the Marvel and DC universes — with extensive releases already slated through 2020 — it's kind of surprising that lantern-jawed, deep-voiced "Mad Men" star Jon Hamm hasn't donned some tights by now. Well, it turns out it has not been for lack of trying on the studios' parts. Hamm tells the Radio Times that he's "been in contention for quite a few" superhero films over the last few years but has passed on them all.

"The deals that they make [actors] do are so Draconian," Hamm explains. "And of course, you are signed on for not only the movie that you are signed on for … at least two more that you haven't read and you have no idea what they are going to be and all the crossover ones you are going to have to do." OK, fine. But now at least we can have fun speculating which roles he turned down. And no fair saying "all of them." Let's get creative here.

Here's Jon Hamm looking oddly Clark Kent-like.

4 'Frozen' director apologizes for 'Let It Go'



JENNIFER LEE IS SO SORRY ABOUT THIS, PARENTS OF THE WORLD. YOUTUBE, DISNEY UK

Parents, "Frozen" director Jennifer Lee feels your pain — and she's so sorry for the agony she has unwittingly had a hand in inflicting upon you. "A year ago, I'd meet people who when they found out who I was they'd say, 'Oh, we love the songs! We sing them all the time,'" Lee tells The Hollywood Reporter. "Now they're like, 'Yep, we're still listening to those songs.' I've gone from, 'Thank you' to, 'Sorry!'" Hey, come on, hakuna matata!

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

5 Bond martinis confirmed for next film

Bond purists, rejoice. Belvedere Vodka has reportedly signed a multimillion-dollar product placement deal with Sony Pictures — and we didn't even find out via a leaked email! — to feature Daniel Craig's super-spy sipping martinis made with their booze in next year's "Spectre," currently filming in London. This wouldn't normally be news except that many 007 fans are still smarting from the sight of Bond slugging back a Heineken in "Skyfall."

DANIEL CRAIG

Daily video

/ YOUTUBE, ERB

Epic Rap Battle, legendary director edition

The hard-working beat masters at Epic Rap Battles of History are going to the movies with their latest, "Steven Spielberg vs. Alfred Hitchcock." And the filmmakers don't pull any punches. "I produce cartoons and video games for all ages, you produce Jimmy Stewart making one of two faces," the "Jurassic Park" director blasts. But Hitch isn't going down without a fight: "Half your billions should go to John Williams, now brace yourself as I reveal my brilliance." Sure, it's billed as Spielberg against Hitchcock, but the feud is quickly co-opted by Quentin Tarantino, Stanley Kubrick and an appropriately shouty Michael Bay. The winner, though, is up to us viewers.

Advance Release:

Order Your New U.S. 2015 Silver Dollars Now!

Millions of people collect the American Eagle Silver Dollar. In fact it's been the country's most popular Silver Dollar for over two decades. Try as they might, that makes it a very hard "secret" to keep quiet. And right now, many of those same people are lining up to secure the brand new 2015 U.S. Eagle Silver Dollars — placing their advance orders now to ensure that they get America's newest Silver Dollar just as soon as the coins are released by the U.S. Mint in January. Today, you can graduate to the front of that line by reserving your very own 2015 American Eagle Silver Dollars — in stunning Brilliant Uncirculated condition — before millions of others beat you to it.

America's Brand New Silver Dollar

This is a strictly limited advance release of one of the most beautiful silver coins in the world. Today you have the opportunity to secure these massive, hefty one full Troy ounce U.S. Silver Dollars in Brilliant Uncirculated condition. The nearly 100-year-old design features a walking Lady Liberty draped in a U.S. flag on one side and a majestic U.S. Eagle and shield on the other.

The Most Affordable Precious Metal— GOVERNMENT GUARANTEED

Silver is by far the most affordable of all precious metals — and each full Troy ounce American Eagle Silver Dollar is government-guaranteed for its 99.9% purity, authenticity, and legal tender status.

A Coin Flip You Can't Afford to Lose

Why are we pre-releasing the most popular Silver Dollar in America for a remarkably affordable price? We're doing it to introduce you to what hundreds of thousands of smart collectors and satisfied customers have known since 1984 — GovMint.com is the place to find the world's finest coins.

Lock In Your Reservation

By calling today, you can reserve some of the very first brand new Brilliant Uncirculated 2015 American Eagle Silver Dollars ever released. Your reservation and price will be locked in, and your stunning new Silver Dollars will be shipped to you just as soon as the U.S. Mint releases the coins in January.

30-Day Money-Back Guarantee

You must be 100% satisfied with your 2015 American Eagle Silver Dollars or return them within 30 days of receipt for a prompt refund (less s/h). Don't miss out on this exclusive advance release. Call immediately to secure these American Eagle Silver Dollars ahead of the crowd.

2015 American Eagle Silver Dollar BU..... ~~$19.95~~ ea.

Introductory Price $18.95 ea. (LIMIT 10)

Additional 2015 Silver Eagle BU Dollars may be purchased for $19.95 each. Limited to 50 total coins per household.

For fastest service, call today toll-free

1-800-956-7267

Offer Code PEG173-03
Please mention this code when you call.

GovMint.com • 14101 Southcross Dr. W. Dept. PEG173-03 • Burnsville, Minnesota 55337

Prices and availability subject to change without notice. Past performance is not a predictor of future performance.
NOTE: GovMint.com® is a private distributor of worldwide government coin and currency issues and privately issued licensed collectibles and is not affiliated with the United States government. Facts and figures deemed accurate as of November 2014 ©2014 GovMint.com.

GovMint.com®

THE BEST SOURCE FOR COINS WORLDWIDE™

Music: Women who ruled 2014

This year solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Sure, the men put in a good showing, but when you turn on the radio (or stream via Spotify or Pandora or beam it in from space on Sirius XM), you're going to hear a lot of women. These are our picks for the women who defined pop music this year.

LISA WEIDENFELD AND EMILY LAURENCE

Beyonce

Her album came out in December 2013, technically, but there's no denying that it was one of the biggest hits of 2014, giving us all a chance to say "surfboard" and worship at the throne of Queen B. Plus, her cover of her own "Crazy in Love" turned the "Fifty Shades of Grey" trailer into something genuinely steamy.

Ariana Grande

It was impossible to escape this pint-sized pop-star this year. Her album "My Everything" generated three top tracks: "Problem" (featuring Iggy Azalea), "Break Free" (featuring Zedd) and "Love Me Harder" (featuring The Weeknd). Grande proved her Nickelodeon days are behind her by a long shot.

Charli XCX

This year was huge for her, with "Fancy" and "Boom Clap" on the "Fault in Our Stars" soundtrack becoming a must-have for bookish teens everywhere.

Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, "1989." It debuted at No. 1 on the Billboard charts, and her "Shake It Off" video is one of the most watched of the year with over 356 million views. Her album, plus a massive stadium tour and endorsements helped the 25-year-old earn a cool $57 million this year.

Tove Lo

Sometimes singing about sex clubs and getting high can pay off — it did for Swedish singer Tove Lo who broke big here in the States this year with her song, "Habits (Stay High)," which reached No. 3 on the Billboard charts.

ALL PHOTOS BY GETTY IMAGES

High School Diploma

Get Your Accredited High School Diploma Now!

Start Your New Career in the New Year.

Business • Medical Assisting • Paralegal

CALL (866) 210-1579

mildred-elley.edu

MILDRED ELLEY
The Power to Change Your Life

(LPN) Practical Nursing

Submit Your Application NOW, Ahead of the New Year's Rush.

Classes Start Soon. Call Today!

(888) 505-2101

mildred-elley.edu

MILDRED ELLEY
The Power to Change Your Life

Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Accredited by ACICS, Approved by ACCES-VR. Approved for VA Education Programs Such as GI Bill & MyCAA International Students Welcome • For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures

Handel's Messiah

Tuesday, December 23, 2014 | 7:30pm
Carnegie Hall, Stern Auditorium / Perelman Stage
KENT TRITLE, MUSIC DIRECTOR

Photo: Richard Ten Dyke

MUSICA SACRA
PROFESSIONAL CHORAL MUSIC AT ITS FINEST

Order Online
carnegiehall.org
musicasacrany.co

CarnegieCharge
(212) 247-7800

Box Office
57th & 7th Avenue

Tickets from $15

Musica Sacra's 2014–2015 season is made possible with generous support from

NYSCA
The Sorel Organization

St. Vincent

Singer St. Vincent has come a long way from her time as a member of the Polyphonic Spree. After her much-loved team up with David Byrne in 2012, she came back with 2014's eponymously titled "St. Vincent," perhaps her biggest success yet — she ended up with a Grammy nomination for Best Alternative Music Album.

Nicki Minaj

If you've gotten "Anaconda" out of your head once since you first heard it, we'd be surprised. Minaj scored another huge hit with this one, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

A few good men

And now for the guys

Women may have dominated the music scene this year, but men had their share of successes, too. Here are three guys who had a pretty epic year.

Pharrell
If "Happy" seems like the most played song of the year, it was: The song held the No. 1 slot on the charts longer than any other song this year. No wonder he's up for four Grammys.

Sam Smith
The crooner's "Stay with Me" filled the Adele-shaped hole in our hearts this year. And In a true sign of success, he popped up in pictures from Taylor Swift's 25th birthday party alongside Jay Z, Beyonce and the rest of Swift's famous posse.

Ed Sheeran
In the last 12 months, Sheeran has released huge hits in "Sing" and "Thinking Out Loud" as well as having contributed to the "Fault in Our Stars" soundtrack and winning an MTV Video Music Award for the video for "Sing."

Iggy Azalea

The rapper had what might have been one of the biggest breakthrough years ever, teaming up with Charli XCX for "Fancy" and Ariana Grande for "Problem." And she's already claimed a piece of history: She's the only act other than the Beatles to have her first two top 100 Billboard hits rank Nos. 1 and 2.

Lorde

Eighteen-year-old Lorde went from singer to producer this year by curating "The Hunger Games: Mockingjay — Part 1" soundtrack. Including artists such as CHVRCHES, The Chemical Brothers and her own song, "Flicker Beat," earned her respect from critics and teen fans alike.

Miranda Lambert

Being honored as CMT's Artist of the Year wasn't the only accolade Miranda Lambert racked up this year. She's also up for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.

Manhattan Dental Arts
Meet The Dentists Who Teach The Dentists
(212) 95 - SMILE (212 - 957 - 6453)
Conveniently located in Lincoln Center & accepting most insurance plans
1995 Broadway (at 68th St), Suite 200, New York, NY 10023
info@ManhattanDentalArts.com
Free snap on smile Consultation!
Excellent for:
- Missing, chipped, or crooked teeth
- Stains or gaps
- Replaces dentures or partials
Painless, affordable, & temporary solution for a beautiful smile
Dont let your 2014 Flex-Spend Run Out! Call Today!
No More Fear with Sedation Dentistry and DentalVibe Technology
New Patient Special
Cleaning, Exam, & X-Rays: $99
No Insurance? No Problem!
Ivy League Trained Dentists
Specializing in:
- Cosmetic, General, & Restorative Dentistry
- Implant, Root Canals, & Invisalign
www.ManhattanDentalArts.com
Happy Holidays

VISIT US AT 59TH BETWEEN
PARK & MADISON
7 DAYS A WEEK

TEAM
COLORS

CufflinksInc

PRO SPORTS COLLECTION

SILVER PLATED OFFICIAL
NEW YORK KNICKS CUFFLINKS
$60

SILVER PLATED OFFICIAL
NEW YORK YANKEES CUFFLINKS
$60

SILVER PLATED OFFICIAL
NEW YORK RANGERS CUFFLINKS
$60

MICHAEL C. FINA®
500 Park Avenue | New York | 800.289.3462
www.michaelcfina.com

Don't tread water for a Seven Fishes dinner

Letting someone else do the cooking for the holidays won't land you on the naughty list.

Fresco by Scotto

34 E. 52nd St. For many Italians, Christmas Eve means the Feast of Seven Fishes, a celebration in anticipation of the birth of Jesus. But doing seven different dishes at home is a ton of work. For $80 per person ($45 for kids 12 and younger), you'll share assorted pizzas and antipastos and then have a choice of appetizers, entrees and desserts — if everyone orders something different, you can taste many "fishes." There are non-seafood dishes on the menu as well.

Coppola's

206 W. 79th St. & 378 Third Ave. The cozy brick interior and friendly staff will make you feel right at home. I am in love with the jumbo meatballs and brick oven pizzas, which I like to order as an appetizer, then get an entree. The wine list starts at $32. The homemade pastas are wonderful and the fish dishes, like grilled branzino, are a good choice. Think of them as an extension of your living room. Go prix-fixe for about $50 or a la carte, with pastas starting at $15.

I Trulli

122 E. 27th St. This place feels like dining in an Italian villa. For $72 per person, I Trulli is offering a traditional Italian menu that includes four courses, each with several different seafood choices, like pasta with lobster sauce and wood-oven roasted oysters. An assortment of desserts for the entire table will complete your meal. If seafood isn't your thing, there's a special a la carte menu.

For exclusive commentary, visit **Metro.us/blogs.**

Drink. Eat. $ave. NYC.

MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.

The Weekly Yelp

It's chilly, the weather sucks and you're as cranky as Grumpy Cat. We've got just the thing to lift your spirits: hot chocolate.

The City Bakery

3 W. 18th St., Flatiron

If you're not a chocolate lover, this hot chocolate is not for you. It's very rich, like drinking melted chocolate, pretty much; and thick! Yum. **SHARLEEN S**

Jacques Torres

285 Amsterdam Ave., Upper West Side

Walked in as I was wandering in the neighborhood. Tried the hot chocolate for $3.75 and it was mind-blowing. It was like drinking silk, so smooth! I ended up buying a can of hot chocolate mix. Can't wait to make my own! **CISSY Z**

Vosges Haut-Chocolat

1100 Madison Ave., Upper East Side

This place really is a chocolate lover's heaven, and we tried all three types of hot chocolate in our group: Aztec (nicely spicy from the chili flakes); blanco (hints of lavender in white chocolate) and my favorite, Parisienne with vanilla. **HANNAH A**

Yelp has been connecting people with great local businesses since 2004. Sign up for weekly emails at Yelp.com

yelp

LOOSE DENTURES?
Smile with Confidence

HOLIDAY SPECIAL Offer good through 1/15/15
OVERDENTURES
with implants
$3,600* per lower
$4,500* per upper
Customary fee $7,600+ per arch
*Additional charges may occur for more complex cases. Ad must be presented for discount.

Miracle on 35th Street!-Est 1977
Emergencies Welcome Senior Cit. Discounts
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
FREE CONSULTATION
CALL NOW
212-689-0024
HERALD SQUARE DENTAL & THE DENTURE CENTER EST. 1977
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com

Diagnostic Medical Sonography
CAREER TRAINING
CENTER FOR ULTRASOUND RESEARCH AND EDUCATION
CALL 1-855-THE CURE
www.cure.edu
WESTCHESTER COUNTY, NEW YORK

Middle-earth romp. Third and final 'Hobbit' is the best of the bunch, but still pretty dodgy

Alas, Martin Freeman's Bilbo doesn't have a ton to do in the final "Hobbit" film. / WARNER BROS. PICTURES

Remember that slender children's novel about a pint-sized homebody who goes on a mission that involves a scary dragon? After almost nine hours, the three-part movie version finally ends with a fight for fire-breathing Smaug's money bin between elves, orcs, humans and two other armies.

The lowdown Much like life itself, now that Peter Jackson's not terribly necessary return to Middle-earth is over, it's sad to see it go. Though the reboot is inevitable — surely in, like, 10 years — this is the last time you'll see Ian McKellen's Gandalf and others. Granted, it's a bittersweet end. The whole series has been often gruesomely Stretch Armstrong-ed. The third isn't even really a standalone film; it dispatches with fire-breathing Smaug (with the hammy voice of Benedict Cumberbatch) before the opening title, then builds to the titular skirmish. That's not to say it's not entertaining anyway. For sheer minute-by-minute goings-on, it's the series' most solid number, delivering the goods the previous films parceled out. The tone is darker, the action more violent, with Jackson showing how deft he can be at choreographing Spielbergian action. But it's still thin. Martin Freeman's Bilbo largely served his purpose in the previous episode, meaning he's a bit lost in the movie named after him. The padding remains considerable, as do weak characters, from the interchangeable dwarves to overused comic relief human coward Alfrid. Still, superfluous and endless as the "Hobbit" films have been, once "The Battle of the Five Armies" ties up with "The Fellowship of the Ring," it can't help but make one wish there was just a little bit more. **MATT PRIGGE**

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)
A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Relief For Chronic Heel Pain

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when Istep out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Now Featuring genesisplus™
New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

If any of these apply to you... Call today.

Patient is responsible for co-pays & deductibles

most insurance plans accepted
complete family foot care
laser surgery available

Dowtown location
65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location
121 E. 60th St.
New York City, NY
212-486-7333

Paul Drucker DPM
Jordan Drucker DPM

30 East 40th St.
(Grand Central Station)
Between Park and Madison Suite 401
(212) 486-7333

Are Your Legs Suffering From...

- ☑ Varicose Veins
- ☑ Leg Ulcers
- ☑ Spider Veins
- ☑ Pain
- ☑ Restlessness
- ☑ Heaviness
- ☑ Swelling
- ☑ Itching
- ☑ Fatigue
- ☑ Cramping
- ☑ Burning

COVERED BY MOST HEALTH INSURANCES INCLUDING MEDICARE

NOW OPEN THURSDAYS FROM 9AM-7PM!

Certified by the American Board of Venous and Lymphatic Medicine

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St., Suite 1450
(bet Cliff & Pearl St), NY, NY 10038

212.204.6501

Hablamos Español • Говорим по-русски

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

spa Jolie
HOLIDAY SPECIALS for you or a friend...
Buy 1 get 1 Free
• Deep Pore Facial 2 for $55
• Microdermabrasion 2 for $75
• Slimming Body wrap 2 for $55
• Spa manicure and Spa pedicure 2 for $39
• Glycolic Face Peel 2 for $65
• Oxygeneo Micro 2 for $99
• Clear & Brilliant 2 for $199
• Laser Facial Firm 2 for $199
• Zerona Buy 6 get 6 free $399
• Cavi Lipo Fat Blaster Buy 2 for $99
• Skin Tight Laser 2 for $99
• UV gel manicure 2 for $35
• Lymphatic 45 Minute Massage 2 for $75
Laser Hair Removal
• We Have 2014 Yag Candela DIODE, Alexandrite
• Full Leg - 2 for $199
• Brazilian 2 for $199
• Back, Chest or Butt 2 for $199
• Underarm, Lip or Chin 2 for $79
• Full Body Laser - 2 for $599
Waxing Specials
Brazilian Bikini $20
Full legs or Buttocks $20
Back or chest area $18
FREE CONSULTATION*
WE BEAT COMPETITORS COUPONS BY 10%
Expires 12/24/14
No Time to Come In? Pre pay over the phone and use anytime
180 7th Ave South
btwn W 11th St & Perry St
212.229.0399 • www.nylaser.net

Catch the two-hour "Survivor" finale tonight at 8 p.m. on CBS. / CBS

Jeff Probst: Inside the 'Survivor' casting process

TV. With the 30th season of the reality series on deck, the host talks about how he finds people you want to tune in for.

You might find this hard to believe, but the 29th season of "Survivor" wraps up today. That's right, the 29th. And host Jeff Probst's thoughts are already firmly on the 30th, debuting next year. Actually, that's not entirely accurate. He's thinking beyond that. "I'm always amazed at how much time we spend on casting — months and months," he says. "Every year it feels like we're starting over and we're once again, even now, looking for Seasons 31 and 32."

And for those upcoming seasons — which, again, won't be on the air for a good long while — Probst says they're facing some familiar problems with the casting process. "We're once again short on women," he admits. "We can find lippy, loudmouth weird guys all day, every day, but finding a woman who wants to do it, who wants to come out there and has the personality is tough."

You'd think that they'd have casting for the reality juggernaut down pat by now, but not according to Probst. "Here we are 30 seasons later and sometimes I feel like we still don't quite know how to do it yet, and we still end up with people on the show that disappoint us," he says. "I remember about Season 5 or 6, we had back-to-back interviews with people, and one woman came in and told this tragic story of losing her husband in a car accident and how it impacted her life, and all of us were bored. And then the next guy came in and was saying, 'I'm eating some chips downstairs and these potato chips I was looking at,' and we're on the floor laughing. Which guy got on the show? The potato chip guy."

Location scouting

Not going back Down Under

"Survivor" went to Australia for its second season, and while it has revisited plenty of other locales, the show has never returned to that continent. Why is that, exactly? "I don't know why we're not back, especially given our location scout is Australian and at least half of our crew are Aussies," Probst says. "I'm sure if I call [producer] Jesse [Jensen] right now, he'd say, 'Oh, mate here's why. Number one, we can't afford it.' That's a big problem right now. It's just the falling dollar."

JEFF PROBST
CBS

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

HOLIDAYS WITH THE PHILHARMONIC
NEW YORK PHILHARMONIC
Music of the season for family and friends, including a carol sing-along and special guests!
"Winter Wonderland"
The Night Before Christmas
"O Tannenbaum"

Mo Rocca (Dec 20 only)

Whoopi Goldberg (Dec 19 only)

Fri, Dec 19 | 8:00pm
Sat, Dec 20 | 2:00pm
TICKETS FROM $35–$75
For tickets • 212 875 5656 • nyphil.org/carols
All concerts are at Avery Fisher Hall unless otherwise noted. This concert is for adults and children ages five and up. Due to Avery Fisher Hall policies, children four and under are not permitted in the hall for these concerts. Programs, artists, and pricing subject to change. Photo Credits: New York Philharmonic by Chris Lee, Mo Rocca by Thom Kaine, Whoopi Goldberg by Timothy White. Copyright © 2001–14 New York Philharmonic®

THE SIMPSONS 25TH ANNIVERSARY

Dec. 17 marks a quarter of a century since "The Simpsons" first aired. In honor of the worldwide pop culture phenomenon, we look at some of the lesser known details about the show.

SALARY OF SIX MAIN VOICE ACTORS

UNTIL 1998	UNTIL 2004	NOW
$30,000 per episode	$125,000 per episode	$625,200 per episode

8.5 DAYS
The time it would take to watch all "The Simpsons" episodes back-to-back nonstop, without advertisements

MAIN TITLE THEME
Created by composer Danny Elfman in just two days in 1989

BART'S NAME
An anagram of BRAT. His full name is Bartholomew Jojo Simpson.

MAIN CHARACTERS' NAMES
All inspired by creator Matt Groening's family members

6-8 MONTHS
Time needed to create one episode

KRUSTY
Originally supposed to be Homer's secret identity

COUCH GAG
Often used to make the show longer or shorter

D'OH!
The word appeared in the Oxford English Dictionary in 2001 and should be "used to comment on a foolish or stupid action." In the script, it was described as "annoyed grunt," and Homer actor Dan Castellaneta improvised.

MAGGIE'S 'SUCKING' SOUND
Made and recorded by Matt Groening

EGYPTIAN BEEF SAUSAGES
Homer's favorite food instead of sausages in the Arabic version of the sitcom. He also drinks soda, not beer.

"I'M BART SIMPSON. WHO THE HELL ARE YOU?"
T-shirts with this slogan were banned in several public schools

MUSSOLINI
Milhouse Van Houten's middle name

THE SIMPSONS COURTS CONTROVERSY

'Two Bad Neighbors'

Season 7, Episode 13

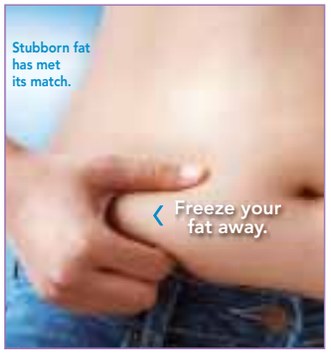
Many conservative politicians — including George Bush Sr. — declared the show to be evidence of the United States' moral decline when it debuted in 1989. In response, the sitcom featured the former president in an episode in which he moves to the town of Springfield and tussles with Homer and Bart.

'Bart vs. Australia'

Season 6, Episode 16

In this episode, Australia is depicted as a backward nation ruled by the descendants of convicted criminals, spurring a firestorm of criticism aimed at the show's producers.

SOURCES: THE SIMPSONS, SIMPSONS.WIKIA.COM, OXFORD ENGLISH DICTIONARY, GUINNESS WORLD RECORDS
TEXT: DMITRY BELYAEV
GRAPHIC: NANCY MACEDO, MWN



Transform yourself without diet, exercise or surgery.

CoolSculpting® is the revolutionary body contouring treatment that **freezes and naturally eliminates fat from your body.**
There are no needles, no special diets, no exercise programs and best of all – **no downtime**. **FDA-cleared, safe and clinically proven**.

BEFORE | 12 WEEKS AFTER FIRST TREATMENT | 4 WEEKS AFTER SECOND TREATMENT
Procedure by Ivan Rosales-Berber, MD

FREE CONSULTATION
113 East 39th Street
New York, NY 10016
866-634-4777

LEXINGTON PLASTIC SURGEONS

www.LexingtonPlasticSurgeons.com

DOES YOUR OFFICE LOOK LIKE THIS?
IT CAN WITH HOSPITALITY TRAINING FROM STAR!

With Our Hotel and Restaurant Management Program, You'll Train to Work in :
Hotels • Restaurants
Resorts • Convention Centers
• Cruise Ships and More!
Day/evening classes • Hands-on training • Financial aid (to those who qualify)

STAR CAREER ACADEMY
www.StarCareer.edu

GET STARTED TODAY!
Must have H.S. Diploma or GED
212-430-3675 Call Now!
Manhattan Campus - 154 W. 14th St.

Licensed by N.Y.S. Ed. Dept.; Accredited by ACCSC.
For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.starcareer.edu/consumerinfo.php

PLUS

Go natural

Set the table

"For this year's holiday table, I created a 'runner' made from evergreen branches and incorporated some vintage candlesticks and a few clusters of red berries," says Styles.

Holiday party prep

Tips. Throw a party like a pro.

It's your turn to host. Don't let the painfully curated affairs you see on Pinterest scare you away from inviting loved ones over for a festive bash. We turned to some of the biggest entertaining experts for their tried-and-true holiday hosting tips. Just make sure someone pins the pics.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

CAMILLE STYLES
BUFF STRICKLAND

Camille Styles, founder of CamilleStyles.com

Have a plan
As an event stylist and lifestyle blogger, Styles knows all the tricks to throwing a seamless dinner party. "First, create a timeline counting down the 24 hours before mealtime, listing exactly when all menu items should be prepared. Then put that list on the refrigerator door and follow it to the letter," she says.

Avoid clutter
"Create 'zones' in your space devoted to specific activities," says Styles. "Before guests arrive, designate a spot for coats and purses, a place for younger kids to play and a self-serve bar that's separate from the food, so that guests flow throughout the room and maximize available space."

Bake!
Everyone loves homemade treats. Styles shares her recipe for Salted Chocolate Brownie Cookies, which you can find at www.metro.us.

PROVIDED

Martha Stewart, founder of Martha Stewart Living Omnimedia

Decorate
"Wreaths look great on doors, and even better in unexpected spots," says the domestic queen. "Suspend them in front of a mirror, or hang them indoors on windows." When it comes to the table, Stewart has some rules for the centerpiece. "They should not be too strong-smelling or so tall that you can't clearly see the people across from you," she says, adding, "Centerpieces can be flowers, vegetables, glass, candlesticks or even a fine piece of art."

MARTHA STEWART
LIVING WREATH
$32.98, HOMEDEPOT.COM

MARTHA STEWART
FADIL BERISHA

This building is being constructed through the Low-Income Affordable Marketplace Program (LAMP) and the New Housing Opportunities Program (New HOP) of the New York City Housing Development Corporation and the Low Income Rental Program (LIRP) and the Mixed Income Program of the New York City Department of Housing Preservation and Development.

Affordable Housing For Rent

201 NEWLY CONSTRUCTED UNITS
Webster Commons A & B
3560 & 3580 Webster Avenue, Norwood/Woodlawn, Bronx

Amenities: 24 hour on-site resident super, Security cameras, intercom system, laundry room*, community room*, parking* (*additional fees apply)

Transit: MTA D & 5 Train
No application fee. No broker's fee.
Smoke-free building.

Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Only qualified applicants will be eligible for apartments. Applicants who live in New York City receive a general preference for apartments.

Preference for a percentage of units goes to:
- applicants with mobility impairments (5%)
- applicants with visual or hearing impairments (2%)
- residents of Bronx **Community District 12** (50%)
- municipal workers (5%)

1. View the Available Units... → 2. See Unit Requirements...

Unit Size	Monthly Rent*	Units Available	Household Size**	Annual Household Earning***
1 bedroom	$845	47	1 person 2 people	$30,686 - $35,280 $30,686 - $40,320
1 bedroom	$1,214	28	1 person 2 people	$43,338 - $58,800 $43,338 - $67,200
2 bedroom	$1,026	72	2 people 3 people 4 people	$36,960 - $40,320 $36,960 - $45,360 $36,960 - $50,340
2 bedroom	$1,470	37	2 people 3 people 4 people	$52,183 - $67,200 $52,183 - $75,600 $52,183 - $83,900
3 bedroom	$1,179	12	3 people 4 people 5 people 6 people	$42,549 - $45,360 $42,549 - $50,340 $42,549 - $54,420 $42,549 - $58,440
3 bedroom	$1,692	5	3 people 4 people 5 people 6 people	$60,138 - $75,600 $60,138 - $83,900 $60,138 - $90,700 $60,138 - $97,400

* Rent includes gas for cooking.

** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

*** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income for household members. Income guidelines subject to change.

How Do You Apply? Apply online or through mail. **To apply online, please go to: www.nyc.gov/housingconnect.** To request an application by mail, send a self-addressed stamped envelope with $0.66 cent postage to: Wavecrest Management Team, LTD., c/o Webster Commons A & B, 87-14 116th Street, Richmond Hill, New York 11418. **Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.**

When is the Deadline? Applications must be postmarked or submitted online no later than **February 20, 2015.** No late applications will be considered.

What Happens After You You Submit an Application? After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Mayor Bill de Blasio
HPD Commissioner Vicki Been
HDC President Gary Rodney

www.nyc.gov/housingconnect

PARKCHESTER

SPACIOUS LIVING • AFFORDABLE RENT

ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES

1 & 2 BR RENTAL APARTMENTS START AT $1185 PER MONTH

MACY'S, STARBUCKS, APPLEBEE'S, SUPERMARKETS, blink FITNESS and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY

30 MIN TO MIDTOWN • NO BROKER FEE • EARLY & FUTURE OCCUPANCY

Open House: Tues & Thurs 5:00-7:45pm and Sat 10:00am-1:45pm

917-634-5295
or apply online at **www.parkchesternyc.com**

Abby Larson / BRITTANY AMBRIDGE

Abby Larson, founder and editor of Style Me Pretty Living

Serve seasonal foods
"During the holidays, entertaining becomes more festive and fun if you stock a few seasonal favorites like all of the fixings for hot chocolate and stovetop apple cider," says Larson, whose site showcases some of the prettiest parties. "I also like to keep a cheesecake, a breakfast strata and a homemade pasta sauce in the freezer for impromptu parties."

Let your hair down
"Holiday entertaining doesn't have to be formal," insists the lifestyle expert. "There is always a place for messy, practical parties that bring people together like a gift wrapping party, a cookie decorating party or a kid's crafting get-together."

PROVIDED

Hand 'em a drink
"The easiest way to make guests feel right at home is with a signature cocktail," says Larson. This season, she's loving Shirley Temples for the little ones and a champagne cocktail for the grown-ups.

WILLOW MANOR

New Duplex Condominiums Located in Beautiful Bloomfield, NJ.

$199,900

- **Stop Paying Rent!** Call to find out about the many finance options available. In many cases your monthly payment can be up to 30% less than renting.
- 2 bedroom duplex with 1 & 1/2 bathrooms.
- Just a 3 minute walk from your front door to the Watsessing Train Station. Offering a 25 minute commute direct to Penn Station Madison Square Garden.
- Price:$199,900 with deeded parking
- $57,000 minimum household income
- Minimum credit score 620

ONLY 4 UNITS LEFT

www.willowmanorbloomfieldnj.com
Call: 973-345-0800 ext. 133

2 & 3 BEDROOM APARTMENTS

MODERATELY PRICED AND RENT STABILIZED

BUILDING IS COMPLETED AND READY FOR MOVE IN

HOW DO YOU APPLY?

Online:
Please go to **www.nyc.gov/housingconnect**.

By Mail:
Pick up a copy of the application from the front desk at 530 West 45th Street or download from **www.530west45.com.**

Deadline: Dec 26, 2014

24-Hr Attended Lobby | On-site resident manager
Courtyard | Outdoor children's playground
Indoor children's playroom | Fitness Center†
Laundry† | Garage† | Bike storage
Stainless Steel Appliances (including dishwashers)
Tiled Bathrooms

†optional service, additional fees apply

For more information, please visit us at
www.530West45.com

Governor Andrew Cuomo
Mayor Bill de Blasio
HPD Commissioner Vicki Been

Sample sales

Current/Elliott, Joie and Equipment

260 5th Ave.
Ground Floor
Wednesday-Thursday
10 a.m. to 8 p.m.
Friday-Saturday
10 a.m. to 7 p.m.

YOU'LL FIND THIS JOIE TANK AT THE SALE.

Misha Nonoo

209 W. 38th St.
Suite 312
Wed.-Fri., 9 a.m.-6 p.m.

Quoted

"I always keep two lipsticks in my purse: a neutral and a red."
Cassandra Garcia

Learn how to be your own makeup artist. Bobbi Brown offers complimentary lessons at all makeup counters and online.
ALL PHOTOS PROVIDED

Party makeup in minutes

Primp. Getting glam in the office bathroom just got easier.

Face it, there's no time to run home after work to get ready for a party during holiday season. But that doesn't mean you want to show up to the office at 9 a.m. with a face full of makeup or lug a giant cosmetics bag around. Bobbi Brown makeup artist Cassandra Garcia shows us how to get glam on the go.

1 Statement lip

"The first step is to pick your focus," says Garcia. Are you a bright lip girl? "Then add a red lipstick at the end of the day," she says. "It will instantly change your look." To finish, Garcia suggests applying a complementary blush. "It balances out the look," she explains. "You see some women who only put on the dark lip — and it's like, 'whoa.'"

SCOTCH ON THE ROCKS $26

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

2 Sparkle

If eyes are your focus, bring on the glittery shadow. "It really opens your eyes up and looks super party and super holiday," says Garcia, adding that makeup guru Bobbi Brown loves Sparkle Shadow. "She calls it 'diamond earrings for your eyes.'"

Complete the look by applying a little eyeliner and another coat of mascara before leaving work.

To avoid clumping that can occur when you layer coats of mascara, Garcia says to make sure to add a very thin layer, or try Bobbi Brown's Extreme Party mascara.

"It rewets itself once you use it again at the end of the day," she says.

EXTREME PARTY $25

3 The most important step

Get rid of any evidence that you've already been to three parties earlier in the week with a quick swipe of concealer under your eyes. Garcia tells us the dos and don'ts.

Base layer To stop your concealer from getting too cake-y, apply a very thin layer of eye cream first, says Garcia: "We get those lines under our eyes because we're a little dry and a little textured under there." But avoid heavy cream because "nothing sticks onto it."

Application Depending on the time and tools you have, either tap in the concealer or apply it with a brush," says Garcia. Here's how: Glide the concealer under the eye. Start by putting it in the inner corner and sweep it up to the lash line. Then tap it in with your finger.

"When you're tapping, the warmth of your finger just melts the concealer into your skin," she says.

Avoid "Don't do concealer on the top of your eye because they're a little creamier and will crease your eye shadow," says Garcia. She recommends a long-wear eye base if you need something for your lid.

CREAMY CONCEALER KIT $35

Corrector vs. concealer

"A corrector is a pink or peach undertone concealer that neutralizes any of the darkness underneath your eye," explains Garcia. Most days using only concealer will do the job, but on days you've pulled all-nighters or just want to look flawless, apply both. "It just looks brighter and a little bit more polished," she says.

FreeATM

You Heard Correctly!

We've installed FreeATMs throughout NYC.

How it works:

1 Find a FreeATM @FreeATM.com/Locations

2 Watch an Ad

3 Spend Local

Suggest a location at info@freeatm.com @thefreeatm

Festive gadgets for Christmas time

We showcase the gimmickiest of Christmas-themed gadgetry to get you in the holiday spirit. **WANISE MARTINEZ, MWN**

5 USB Musical Christmas Tree

If you're looking for something that has colors and music to bring more life to your house, maybe it's time for you to find a Christmas tree like this. Built with LED lights that rotate between blue, green, red and white, this bright device also holds 12 songs for you to sing along to with your family. It's compatible with any computer with a USB port.
Usbgeek.com, $18

4 The Classic Christmas Song Gramophone

If vintage music is more your thing, go for this digital gramophone, which looks like an old-timey phonograph. It plays classic Christmas songs, including "Here Comes Santa Claus" by Bing Crosby, "Winter Wonderland" by Louis Armstrong and "Let it Snow" by The Temptations. It requires four AA batteries.
Hammacher.com, $79.95

3 LED Light Santa Claus Style Water-filled Ball 1-to-4 USB Converter

Yes, this is pure Christmas kitsch, but we all need to recharge our digital devices. The colorful night lamp uses low energy consumption and carbon emission.
Tmart.com, $8.61

2 8-Bit LED Wreath

Do you like classic video games? If so, then this novelty wreath has your name on it. Created in 8-bit graphic style, this device/decoration will make you feel "1-Up" every time you get home. The wreath is done up with shiny gold coins, blinking yellow LEDs, a controller, cherries, a green mushroom and other images that will help you to celebrate Christmas as a gamer.
Thinkgeek.com, $15.99

1 Candles that can't turn off

Wireless LED Christmas tree bulbs will make your life easier and your tree high tech, without the danger of fire. Managed by remote control, these devices are simple to use: Just pop them into the clips that go on the tree. Use the remote to adjust the brightness and flickering. **Amazon, $29.99**

$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
AS SEEN ON TV DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings
ZOOM!
30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 12/31/14)

Gizmos. The Mycestro wearable mouse is literally at your fingertips

A 3-D ring is giving the finger to run-of-the-mill computer mouses. The Mycestro fits snugly around your index finger and is operated by using motion-sensing gestures and thumb actions. The Bluetooth-activated device, which works within a range of 30 feet, is selling for $149 following a successful Kickstarter campaign. "Some customers claim that the gadget has alleviated medical problems experienced with a regular mouse, because they can hold their arms in any way they find comfortable," Jessica Pasko, from the Mycestro team, tells us.

Quoted

"Some customers claim that the Mycestro has alleviated medical problems experienced with a regular mouse, because with it they can hold their arms in any orientation they find comfortable."

The Mycestro is a computer mouse on your finger. / MYCESTRO

What makes your device worth clicking on?
"Mycestro lets you control your cursor from anywhere," Pasko explains. "This simple advantage is much more powerful than most people realize. Obviously it is perfect for giving presentations, and for computing while traveling by car, bus, train or plane. However, several users find that we can enter data much more quickly with a Mycestro, because the hand never has to leave the keyboard typing position to reposition the cursor."

Some first-time adopters and also rapid multi-taskers say it's a little slow sometimes. Are you evaluating it? Do you have plans to update features soon?
"We already have a Control App that works for both Windows and OS X operating systems," she says. "The Control App allows a user to change the performance of the Mycestro. We ship out the Mycestro with what we feel are good 'beginner' settings, but as users become more experienced and sophisticated using their Mycestros, they often switch to 'advanced' settings, which are much faster and more sensitive." **WM**

WHAT'S YOUR NEW YEAR'S RESOLUTION?
JUMPSTART YOUR CAREER TRAINING IN THE NEW YEAR
ATTEND OUR OPEN HOUSE
SATURDAY, DECEMBER 20TH 9:00AM-1:00PM
WE OFFER PROGRAMS IN:
Personal Training · Clinical and Administrative Medical Assistant
Massage Therapy · Surgical Technology
Medical Billing and Coding · Nursing
Swedish Institute College of Health Sciences
Please visit our admissions office at
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu
Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit http://www.swedishinstitute.edu/disclosures

The year in food

What we eat took on major significance in 2014 as food's role in health and environmental sustainability hit the headlines. We digest the year's trends with NYU food studies associate professor Lisa Sasson. **EVA KIS**

Gluten-free diet

No, you haven't been secretly allergic to gluten all your life. "Certain people definitely have a disease where they need to avoid gluten, but it's become a fad without scientific basis," she says. "If you don't eat bread and you don't eat cookies or cake anymore, and you find you feel better and you actually lost weight, it's not the gluten — it's because you've eliminated from your diet what may have been the culprit of weight gain."

Coconut

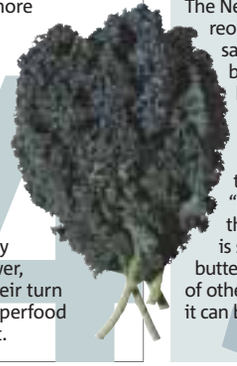
The giant tropical seed that has gone so long being used solely as a vessel for fruity frozen drinks had a breakout year. Its oil does double duty as a healthy cooking alternative and moisturizer, its water is supercharged with nutrients, and its sap has been distilled into the hot, new sweetener (just remember that sugar is still sugar). No other food worked as hard in 2014.

Detoxing

"That word is so loaded, it sounds so 'wow,'" says Sasson, dismissing cleanses as ridiculous. "There is no research to back them, and if anything they can be harmful because some people can eat unhealthily for a few days and think it's OK because they can detox." You're better off getting enough fiber than starving yourself on a juice cleanse.

Kale

We ate ourselves into not one but two shortages this year, and kale is primed to stay hot. "I think we're gonna see more uses for kale — people are gonna go to frozen kale and have it all year round, and maybe more ways to incorporate kale in the diet." Look for other cruciferous vegetables, especially cauliflower, to get their turn in the superfood spotlight.



Butter

The New York Times reopened the conversation about butter, but its reputation hasn't been entirely redeemed. Sasson recommends continuing to use it sparingly. "It's when everything you consume is swimming in butter and you eat a lot of other animal fats that it can be unhealthy."

Gut health

Researchers are linking more and more health issues to an imbalance in gut bacteria, from mood disorders to obesity. To keep your microbiome thriving, Sasson advises getting your probiotics from naturally fermented products like cultured milk, sauerkraut and kimchi instead of supplements. "You can get a lot of really healthy bacteria from food."

Sumayah Jamal, M.D.- PhD.
CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY
NYU LANGONE MEDICAL CENTER
Laser Surgery, Cosmetic and Medical Dermatology

Laser treatments for:
- High speed hair removal-safe for all skin types.
- Razor bumps.
- Acne, depressed acne scarring, enlarged pores.
- Leg veins, facial veins, wrinkles.
- Sagging skin on face, neck and abdomen.
- Brown "age/liver" spots, red complexion, broken blood vessels.
- Keloids.

Microdermabrasion and chemical peels for:
- Acne, melasma, dark spots, uneven complexion.

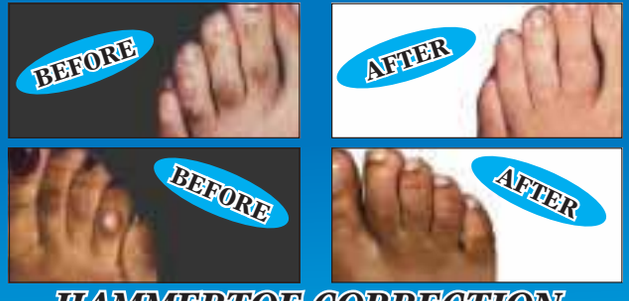
BOTOX for:
- Frown lines, crow's feet, forehead lines, perspiration.

Radiesse and Juvederm for:
- Laugh lines, lip enhancement, facial volume loss.

By appointment only • **(212) 229-0333**
166 Fifth Ave. 2nd Flr btw. 21st and 22nd
Subways #6, N.R.W.F.V to 23rd St.,
www.Doctorjamal.com

Read what our many happy patients have to say!
www.kerisderm.com/testimonials
Call or make your appointment online at
www.zocdoc.com

SPECIALIZING IN SURGERY AND AESTHETICS OF THE FOOT
DOWNTOWN PODIATRY SERVICES
Cutting Edge Means Less Cutting



ALL PHOTOS OF ACTUAL PATIENTS

HAMMERTOE CORRECTION
1 - 877 - BUNION - 1 • 1 - 877 - 286 - 4661
www.DowntownPodiatry.com
MOST INSURANCE PLANS ACCEPTED

Downtown
111 John St., Suite 1450
Midtown
315 Madison Ave., Ste. 513
New Location
159-05 92nd St, Howard Beach, NY
718-845-0741

FREE CONSULTATION WITH THIS AD

INVISALIGN DENTAL CENTER IN THE CHRYSLER BUILDING
42ND AND LEXINGTON

Invisalign providers since 2005 with Elite status
Full Invisalign treatments are only
$3499
Express invisalign **$1999**
0% Financing available

Limited time offer
December 31st

www.kakosiandental.com
888-711-0267

New routine. Winter is the best time to get stronger in body and mind by starting yoga

Between the shopping, cooking, visiting, parties, bad weather and traveling, who's got the time or energy to exercise? Except that all those reasons you have for not exercising are exactly the reasons why you should.

The catch-22 is that it's precisely during the holiday season when you're doing more that you fall out of the good habits that keep you healthy. One of those should be yoga, and we talked to celebrity trainer Kristin McGee about why during a class hosted by the insurance company Aflac, which covers expenses when workers are sick or injured.

Kristin McGee enjoys yoga because it's easy to fit into her busy life with her toddler son. PROVIDED

Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem. "You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee. "You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

Healthy habit

Keep your resolutions on track

Using your body as leverage doesn't just build muscles; research has shown it increases bone density. Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not over-muscle your way through things, not overstretch, not pull things," McGee explains. "The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff — a lot of times people injure themselves when a muscle is stiff."

Don't let stress wreck your mood

"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release. And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee. Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming. "When you're centered and you're in a better place in your life and you feel fit and healthy on the inside and you've got that peace of mind, you just naturally move better." EVA KIS

SOFT SERVE IS **NOT AN OPTION**

OUR NEW DR.'S OFFICE IS LOCATED AT 800 2ND AVE. NYC

ERECTILE DYSFUNCTION?
When your ED pills are letting you down....

PREMATURE CLIMAX?
Stay up! As long as you both desire

ED PILL SIDE EFFECTS?
Our doctors have the answers

Call now **(844) 873-6763 (UP-FOR-MEN)**
www.UPCentersForMen.com
UP CENTERS FOR MEN
The Performance of A Lifetime. **Everytime.**

LIKE METRO ON FACEBOOK!
Metro New York

- State of the art non-surgical treatment for foot and heel pain
- Minimal invasive procedures for corrections of bunions and hammertoes
- Weekend and evening appointments available
- Most insurance plans honored
- Free consultation
- Non-injection therapy for heel pain

New Cutting Edge Laser for Toe Nail Fungus! ONLY $500
Expires 12/31/14
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
DRJEFFREYROSENBLATT.COM

281 Broadway 2nd floor,
New York, NY 10007
1-866-401-FEET
(Financial District)

Grand Central-Midtown,
15 West 44 St., 8th FL,
New York, NY 10036
212-391-1279

New Location
408 Jay St., Suite 500,
Brooklyn, NY 11201
718-875-9251 (Metrotech)

Long Island Location,
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023

40-08 Forley St Elmhurst, NY 11373. • 1-866-401-FEET
Convenient Lower Manhattan & Brooklyn Locations!
1 2 3 A B C 4 5 6 N R

WINTER SPECIAL

$395* Implant
+ post $545
+ Crown $695

(Nobel Biocare ONLY $100 add'l)
*Implant, post & crown must be completed at our office to qualify for promotional fees

Total complete tooth replacement **$1635**
OFFER EXPIRES January 15, 2015

Contemporary Dental Implant Centre
CONTEMPORARY DENTAL IMPLANT CENTRE
8 Convenient Locations
Speak with your Smile Today!
41st & Mad Ave.
Brooklyn, Rego Park
Scarsdale, Smithtown
Valley Stream
Massapequa Park
Stratford Ct

Use your 2014 flexible spending benefits today

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION
Must bring in ad at the time of consultation.
Over 2,000 implants placed each year.
Now Open in Stratford Connecticut
REPLACE MISSING TEETH PERMANENTLY

CALL 212-269-9500 TODAY!
Se Habla Español
WWW.CDImplants.com
OPEN 7 DAYS A WEEK
Mention you saw us in Metro

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. Someone close to you will need help. Your outgoing personality will capture attention and give you the push you need to finish what you start.

♑ Capricorn | Dec. 22-Jan. 20. You'll have trouble getting the facts from business and personal partners. It's in your best interest to verify the credentials of people.

♒ Aquarius | Jan. 21-Feb. 18. Gifts are heading in your direction. If you let your imagination take over, you will come up with ways to please the ones you love.

♓ Pisces | Feb. 19-March 20. Be precise when giving instructions in order to avoid wrong impressions. Problems and anger will result if you are misunderstood.

♈ Aries | March 21-April 20. You will be able to win others to your side. A romantic liaison at an appealing destination will strengthen your bond with someone special. Enjoy the moment.

♉ Taurus | April 21-May 21. Get your financial security in place. Have a discussion about your monetary situation with your financial adviser.

♊ Gemini | May 22-June 20. Professional gains are possible if you take the time to do an in-depth search before moving forward.

♋ Cancer | June 21-July 22. Suspicious or jealous behavior will lead to a rift with someone. Be honest about your feelings and give whomever you are dealing with a chance to be heard.

♌ Leo | July 23-Aug. 22. An unexpected encounter with an old friend will bring back fond memories. Loosen up, have some fun and find a place where you can enjoy friends.

♍ Virgo | Aug. 23-Sept. 22. A minor mishap at home will remind you to be more careful. Someone you trust will have the answers you are looking for.

♎ Libra | Sept. 23-Oct. 22. Attend a community event that all family members will enjoy. A pleasure trip will help take care of the stress.

♏ Scorpio | Oct. 23-Nov. 21. Follow up on an interesting job prospect. Your high energy will make it easier to take care of business and complete your to-do list.

EUGENIA LAST

Sudoku: Easy and hard

			9		1	8		3
		8			3	4		1
				5				7
		6					8	9
		9	2	3	7	1		
1	7					2		
2				9				
8		1	3			9		
4		5	1		2			

				5				8
8		6	2				4	3
	5		4			1	6	
			5	2		6		
			6		4			
		2		1	3			
	2	5			8		7	
7	1				5	3		6
4				6				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A fitting punishment

Re: 'Tragedy no excuse for barbarism' (Metro, Dec. 15) I sort of applaud letter writer and crime victim Ruth Conner's aspirations to nobler principles. My father was killed similarly 30 years ago. The men were caught. A young man then, I was incredulous as to why they were not given the legalized death penalty, though the judge deemed a life behind bars would be torturous. That may be, but we were deprived a father, a wife of her mate. One day, my father's killer will be freed. But if up to me, I would've been in the front row to see the fatal cocktail sent homeward to see the shooter's eyes close. Then I would have been able to sleep better.

STEVEN P. SCALICI, VIA EMAIL

Good and grand

Re: 'Goodbye, grand jury' (Metro, Dec. 16) If there were no grand jury for the Michael Brown case, do you really think the witnesses would have came forward and told what really happened that day, and as one juror said, "everything being put out in the media that he was shot in cold blood was a lie." These people would have been crucified in their community for speaking the truth in a normal trial. Of course some people think that would have been justice.

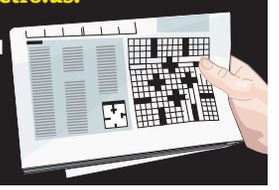
DAVE DONNELLY, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Crossword

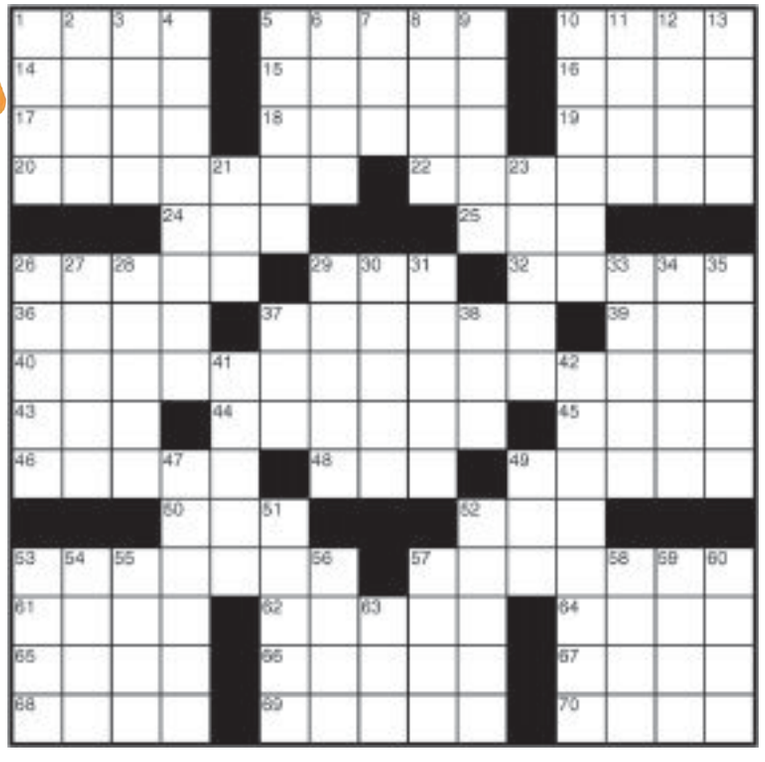
Across

1 Antony the Roman
5 Look happy
10 Not a bit gaudy
14 Melville novel
15 Famed fabulist
16 Lira's replacement
17 Placid
18 Type of rocket
19 Is prone
20 Frozen dessert
22 Overhead
24 Razor-billed bird
25 To date
26 Play one's — right
29 Good disguise
32 Thunderclaps
36 To — — (exactly)
37 Watercourses
39 Mother rabbit
40 Now-extinct bird (2 wds.)
43 Sooner than
44 Pony noises
45 Lhasa —
46 Rudner and Moreno
48 Utmost degree
49 Bishop's wear
50 Thing to hail
52 Bakery purchase
53 Steaks (hyph.)
57 Idle away
61 Gobs (2 wds.)
62 Ragtime's — Blake
64 Modicum
65 Garr of "Tootsie"
66 I-beam lifter
67 Goofs up
68 Business VIP
69 Wife of Menelaus
70 Trickle slowly

Down

1 Soft shoes
2 Memsahib's nanny
3 Butler, to Gable
4 Good friends
5 Mr. Spock's pa
6 Encounter
7 "Hobby" ender
8 Handed-down stories
9 Super glue
10 Erase, as a file
11 Cliff dwelling
12 Mars, to Plato
13 Big name in speakers
21 Double-decker
23 7-Up rival
26 Upscale garnish
27 Video-game pioneer
28 Odometer button
29 Police van
30 Like helium
31 "Wayne's World" pal
33 Proficient
34 Free to roam
35 Pedro's honorific
37 TV news source
38 Hi-fi records
41 Dreaded assignment
42 Merrymaking
47 Acid in vinegar
49 Pompey's 1002
51 Gray-barked tree
52 Strut with pride
53 Mortgage consideration
54 Holly shrub
55 Yawn inducer
56 Confident
57 Powdery
58 Split a seam
59 Be, to Henri
60 Talk hoarsely
63 Checkbook amt.

Yesterday's answer



metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax:** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us• **National News Editor** Peter Green, peter.green@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Careers/Education/Dating Editor** Lakshmi Ghandi, lakshmi.gandhi@metro.us

Source: Idzik's odds of return at '50-50'

NFL. A highly placed Jets source thinks it's a coin flip as to whether GM John Idzik returns in 2015.

The chances that John Idzik, left, returns for next season is very much up in the air. / GETTY IMAGES

A Jets road win this past Sunday over the equally bad Titans might have been a feel-good and resilient moment. But for a 3-11 team that has now won just twice since the season opener, it might not be enough to save its general manager.

Speaking on the condition of anonymity, a highly placed team source told Metro New York on Tuesday that Jets general manager John Idzik is "50-50" to return to the team for 2015. It is Idzik who has taken the blame for much of this year's dismal performance, fair or not. And it might be Idzik who finds himself looking for a new job.

Billboards, banners unfurled at games and a website bearing his name are just a number of ways that fans are calling for his firing, this after just two years on the job. The message is apparently reaching owner Woody Johnson and there is a clear level of dissatisfaction right now at the top levels of the Jets organization.

"No one knows what [Johnson] is thinking right now but he isn't happy with the direction at all, or vision," the source told Metro. "What I will say is that it is 50-50 if John returns right now. Don't think for a moment that Woody doesn't hear the fans. It is tough on him; he's taking it personally. No one is working harder than this guy."

Brought into the organization to replace Mike Tannenbaum, the former general manager who pieced together a team that twice was within a game of the Super Bowl, Idzik's original appeal was his "thoughtful approach." Idzik promised competition, something that has been more lip service than reality, and he repeatedly has said he'd emphasize the draft when building a team.

Instead, a faux quarterback competition last summer and a lack of return in the draft has spurred the birth of FireJohnIdzik.com and planes flying over practices.

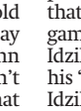
The source did say that Idzik is liked within the organization, contrary to reports, and that there is a sizable following for him and his vision within the organization.

"He gets blamed for the draft but no one gives him credit for trading for Chris Ivory, the trade for Percy [Harvin] or some of those moves. Every team has a couple signings that are bad," the source said. "Blame John for this season, go ahead. But then give him the credit for last year (an 8-8 campaign) too."

Quoted

"The Jets can't lose more fans right now and if keeping John [Idzik] means losing more fans, then it will be a tough choice. Woody [Johnson] knows that. He gets that the fans are really upset."

A high-ranking Jets source on the future of GM John Idzik



KRISTIAN DYER
@KristianRDyer
sports@metro.us

NFL power rankings | by Matt Burke

No. 1

Patriots (11-3)

The Pats are back in the No. 1 spot by virtue of the Packers' loss and their blowout win over a Miami team that was playing for its playoff life. Looking ahead, the Pats' Week 17 game against Buffalo should have plenty of meaning.

No. 2

Broncos (11-3)

Terrance "Pot Roast" Knighton threw a Christmas tree on the Pats-Broncos rivalry fire by more or less guaranteeing a January win in Foxboro and a February win in Arizona.

No. 3

Seahawks (10-4)

Just prior to Thanksgiving there were some real questions about Seattle. But since Week 12, this defense has given up an average of just 6.75 points per game.

No. 4

Packers (10-4)

Buffalo made Aaron Rodgers look like Johnny Manziel. Bad news for Tampa Bay. The last time Rodgers played following a loss he threw six touchdown passes in one outing.

No. 5

Cardinals (11-3)

The Cardinals have scored an average of just 12.8 points per game since Week 11. That mark certainly isn't going to improve against the Seahawks this Sunday.

No. 6

Cowboys (10-4)

Need more proof that it's unhealthy to wager on pro football? Dallas' win at Philly was an all-timer in the "where-did-that-come-from?" category.

No. 7

Lions (10-4)

Their 16-14 home win over Minnesota wasn't easy, as they had to rally after being down 14-0, but a win is a win over a Vikes squad that is much better than its 6-8 record.

No. 8

Colts (10-4)

Finally, the Colts face some legit competition as they'll tangle with the Cowboys. The Indy defense has been better of late, having given up 16 ppg the past four weeks.

No. 9

Eagles (9-5)

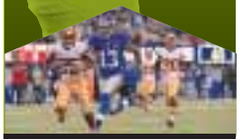
When Mark Sanchez starts doing that twirly thing he does in the pocket, it's over. No Nick Foles at Washington this weekend, so the Birds will have to try to win with No. 3 again.

3 SPORTS

NFL

Beckham Jr. says offense will be best

The Giants have two games left but many fans are looking toward next season. Odell Beckham Jr., who is having a record-setting rookie campaign, is doing the same. "Like I said earlier this year, we have the potential to be one of the best, if not the best, offense in this league," the wideout said. "There's no reason for us not to think that. Everybody on this team should think that. That's just how it is. There's a lot to look forward to going into next year." Beckham Jr. had 12 catches for 143 yards and three touchdowns last week.



Visit **Metro.us** to see the rest of this week's NFL power rankings.

MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne massage physical therapy chiropractic

Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield metroplus affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St. #500B(6Ave) 212-764-3924
723 7 Ave #703 (48 St) 212-470-0360
Jamaica Queens 718-687-2474

Are You a Gulf War Era Veteran?

You may be eligible for a **study** examining military service and its relationship to post-service health problems. Study includes complete medical and psychiatric evaluations, full laboratory workup, and compensation for time and expenses.

Research takes place at the Bronx VA Medical Center and the Mount Sinai School of Medicine.

For information, please contact **Kirklyn Escondo** at kirklyn.escondo@va.gov or **718-584-9000 x6567.**

PI: Julia Golier, MD; VA# GOL-11-056
VA Approved through 4/2/2015

Favipiravir research
Do us a favor and share your Flu with us. Please.
Most of the time, nothing good comes from having the flu. Except now. If you think you have the flu, OR have the flu already, you can help evaluate an investigational medication that may help end flu symptoms more quickly.
Local doctors are currently conducting the FAVOR medical research study to evaluate the safety and effectiveness of an investigational flu medication for its ability to manage symptoms of the flu.
To pre-qualify for the FAVOR study, you must:
• Be between 18 and 80 years of age
• Have a fever of at least 100.4°F (if over 65 years of age, at least 100.0°F)
• Have 2 or more of the following symptoms:
- Cough, sore throat, headache, nasal congestion, body aches and pains, or fatigue
All study-related care is provided at no cost and payment for your time and travel will be provided.
Come in as quickly as you can to see if you qualify.
To learn more about the FAVOR study,
please visit www.favorflustudy.com or contact: 917-409-3917

LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751 or email thomas.franke@metro.us

Bankruptcy Attorney

Considering filing bankruptcy and looking for a bankruptcy attorney who cares? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Dedicated Chapter 7 Specialist • Same Low Fee for All
Pay in Installments • Personal, Caring, Attention
Free Consultation

Bankruptcy with a personal touch

SPA & MASSAGE

To advertise with Metro email Andrea Paz at andrea.paz@metro.us

Career Training

Career Training

CAR ACCIDENT LAWYER?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE • Available 24/7
www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007
Español العربية, עברית, Русский

Attorney advertisement

Enrollment Open For Spring Term
Classes Begin January 12th
• Court Reporting (Realtime Writing)
• Closed Captioning
• Paralegal
• Health Mgmt Associate
• Medical Billing and Coding
OPEN HOUSE
TODAY, December 17th,
11am & 5:30pm
NYCI established 1941
NEW YORK CAREER INSTITUTE
• Day, Evening & Sat. Classes
• Degree & Certificate Programs
• Transfer Credits Accepted
• VA Approved
The College of Legal & Medical Professions.
Call 212•962•0002 | www.nyci.edu
11 Park Place, NYC
Located near City Hall and convenient to reach by:
1 2 3 4 5 6 A C E J Z R

DIVORCE $179

1-800-414-0333
TheDivorceCenter.com
Spouse's Signature Not Needed
Don't Be Fooled By Imposters
Plus Court Fee - Without Children - With This Ad
EXPIRES 12/31/2014

FIRED?

212-286-1425
OWED OVERTIME?
LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

SERVICES

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,

SO CALL NOW 877-356-0526

CAREER TRAINING

Access Careers
Brooklyn
www.AccessCareers.Edu

CALL NOW 866-487-5432

HealthCare Program

* Medical Assistant
* Nurse Aide (CNA)
* EKG & Phlebotomy
* Physical Therapy Aide
* Patient Care Technician
* ESL / CPR

IT Tech Program

* A+ , N+, MCSE, CCNA
* Comp. Programming
* Comp. Networking

* Licensed by NYSED & Accredited Institute
* Financial Aid Available if you Quality

JOBS

We Train & Place!
New Media Production (Audio & Video)
PCT• HHA• Medical Asst
EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc
Call:718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus
8002 Kew Gardens Rd,Kew Gardens, NY
WWW.ACCESSQUEENS.COM

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Liberty H.S. Brattleboro, Vt.

FREE PERSONALITY TEST

Test the 10 key traits that determine your future **success** and **happiness**, and find out how to improve them.

(212) 921-1210 **Church of Scientology of New York** 227 W 46th St.

CNA TRAINING $535
Home Health Aide Training $340

Immediate Job Placement Assistance
Fordham Institute in Queens 718-480-1804

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

CAREER TRAINING

Ultrasound
Med Assistant (RMA)
Pharmacy Tech (PTCB)
Dialysis Technician

Nursing Assistant (CNA)	$699
EKG & Phlebotomy Combo	$699
Patient Care Technician (CPCT)	$699
Medical Billing (CBCS)	$699
Med Off Administration (CMAA)	$999
Pharmacy Technician (PTCB)	$999
CPR (By American Heart Association Valid 2yrs)	$80

Financial Aid Available If You Qualify

ACCREDITED INSTITUTE

NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

Mandl School
The College of Allied Health

Earn your
Associates Degree
not just a certificate.

- Medical Assistant
- Surgical Technologist
- Respiratory Therapist
- Health & Human Services
  Alcohol & Substance Abuse Counselor
- Healthcare Administration
  Medical Coders & Billers
- Dental Assistant *(certificate)*

CLASSES START JAN.12

Financial Aid available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown location

VITAL CAREERS START HERE.
Call Today: 855-626-3504
254 West 54th St. www.mandl.edu

For disclosure Information visit:
http://mandl.edu/gainful-employment/
*Financial Aid available if qualified. Earn college credits

HHA/CNA training
NYSED
Slow learner? Long time out of school? Placement Assistance. Job Placement Assistance
$14.00/per hr
Call #718.349.8003

ENTERTAINMENT

NEW YORK's HOTTEST CHAT
100's of Sexy Singles On Line Now
TRY FOR FREE! 18+
646-507-5155
GAY & BI CHAT
646-507-5151
LD RATES APPLY

HOT LOCAL CHAT
100's of Sexy Singles On Line Now
TRY FOR FREE! 18+
800-838-2561
REAL HORNY GIRLS
LIVE 1 ON 1
800-963-4536

Entertainment

America's Premier Psychics
Live Psychic Reading
877-998-FATE (3283)
$3.99/min
Entertainment only 18+

JOBS

General Help Wanted

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr.
David (212) 563-7500

General Help Wanted

CUSTOMER SERVICE POSITIONS AVAILABLE NOW

- No exp. necessary
- Training provided
- Great pay
- Close to public trans.

For an interview please call
917-300-1254

Drivers Independent Contractors (Long Island City) Tri-state courier service. Minimum 1 year experience, Must have own vehicle with commercial plates or own helper, Steady work and great rates. Bring your driver's license, SS card, registration and insurance card. Apply at MitchellsDataMovers 47-11 Austell Place Long Island City, NY 11101 See Rich between 10AM and 4PM Monday to Friday only.

Housekeeping / Maintenance
Commercial sites paying up to $14.25
No experience required. Will train.
Full/part time shifts available
Call HR 212-470-6364

Scheduling Representative (full time 35 hours)

Handle incoming calls; use telephone headset and computerized management system; schedules all appts in accordance with specific scheduling protocols; maintain strict patient confidentiality; perform other duties as requested by Call Center Manager; obtain pt info for accurate patient registration; conforms to all applicable HIPPA, Billing Compliance and safety guidelines; other duties as required.

Send resume to allergydivision@gmail.com.

Front Desk Security

· 18+ Must Have Clean Record
· No Experience Necessary
· Up To $18hr
Call Now 917-600-4800

****Activist Jobs****
Stand up for Women's Rights!
Ensure Healthcare access for all! FT/PT Available Position is $12-$16 per hour. Call Alex at 212-219-1502
www.grassrootscampaigns.com/nyc

Healthcare

PHARMACIST (Sunnyside, NY):

Review & dispense prescription drugs to assure accuracy & evaluate their sustainability. Must have min Master's in Pharmacy, licensed Pharmacist & min. 1 yr. exp. in position.
Resume to: Amazon Pharmacy 42-10 Queens Blvd Sunnyside, NY 11104.

Healthcare

Columbia University Medical Center-Department of Pediatrics

Part Time Clinical Coordinator – Pediatrics Department

Perform nursing duties as follows: Administer allergy shots, perform skin testing, patch testing, spirometry. Assist physician in exam room when needed, coverage for MA, Enter patient data into EMR system, triage patient phone calls etc. Perform miscellaneous duties as assigned. Must have NYS RN license. Allergy experience preferred. 20 hours per week. Multiple Site coverage within Manhattan required.

Send resume to allergydivision@gmail.com

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

PSYCHICS

MOST POWERFUL & SUCCESSFUL SPIRITUALIST FROM INDIA
PANDITH: GOUTHAM
EXPERT IN READING PAST PRESENT * FUTURE
Solves Problem Like Depression, Love, Job Money, Business, Jealousy Husband & Wife Blockage etc.
I WILL REMOVE & DESTROY BAD LUCK, WITCHCRAFT OBEAH, JADOO, VOODOO & BLACK MAGIC PERMANENTLY
REMOVING YOUR PAIN IS MY GOAL
347-570-9159
104-12 115 STREET
RICHMOND HILL, NY 11419

PROFESSOR SHEIKH IBRAHIM
SPIRITUAL HEALER AND CLAIRVOYANT SPECIALIZE IN RELATIONSHIP, MARRIAGE & LOVE, BREAK BLACK MAGIC, BAD LUCK, BUSINESS, JOB, EXAMS, DIVORCE, COURT CASES, IMMIGRATION, ETC SEEK HELP FROM MR. IBRAHIM
Results between 3/7 days!
www.psychicoumar.com
CALL NOW
212.316.0567 OR 646.239.4298

Psychics

INDIAN ASTROLOGER & HEALER
100% SATISFACTION GUARANTEED
Pandit: KRISHNA
Specialist in Removing Black Magic, Generation Curses, Black hearts, Voodoo, Jadoo, Butu, Witchcraft, Obeya & Bad Luck. Provides Solutions for problems like Health, Depression, Work, Court, Jealousy, Kids, Job, Finance..etc., Results Guaranteed
51 McLaughlin St, Brooklyn, NY 11233 (Btw. Jay St. & Lawrence St.) Inside Tatou Hair Braiding.
646-496-3107

ASTROLOGER & SPIRITUAL ADVISOR FROM INDIA
SRI RAGHAV
EVERY PROBLEM HAS A SOLUTION, MEET ME ONCE. FREE READING ON MONDAY.
Expert in Removing Spell Black Magic, Evil Spirits, Jaadoo, Voodoo, Obeah, Curse Evil Eye Power, Sickness Love, Family Problems etc.
EXPERT IN BRINGING LOVED ONES BACK. QUICK RESULTS.
347-701-1975
107-30, 121 Street (107 Ave.)
Richmond Hill, NY 11419 (Private House)

MISTER MADIBA BIRTH GIFTED AFRICAN SPIRITUAL HEALER AND ADVISOR Can help you fix in a quick way all problems: BlackMagic & Voodoo, Love&Relationship, Business transactions, Exams&Court Cases. Can reunite lovedones, split unwanted relationship. No disappointment, Quick Results. Don't hesitate.
Call Now 914.426.3842

Mr. Khalifa International
African Spiritual Healer & Clairvoyant with 39 yrs exp. Helping ppl across the world. Solves problems: Bad influence, blockage, Disease,Sexual problems, Bad Luck, Business success, Black Magic,Exams, Court,Marriage&Relationship
Call Mr. Khalifa, Results Within 7 nights.
646.339.2385 or 646.630.8303

SERIGNE
917-879-1318 or 646-390-9495
Spiritual Reader & Coach
Will bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job,success in business,court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection.
FAST RESULTS
SpiritualMasters.com

Psychics

Mr. SAIDOU
International Spiritualist Medium & Psychic
Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. **Results in 7 Days Guaranteed. Call 516-206-8543 and 646-339-9948**

AFRICAN ADVISOR & SPIRITUALIST
MR SHEIKH SALEEM, 6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR, SOLVES ALL ISSUES.

Love specialist. Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

REAL ESTATE

Rooms for Rent

Affordable Furnished Rooms in Manhattan

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
$125 per week • Call 212-862-0030

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $125/wk.
Call Us Now: (212)368-2685

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-697-3598

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

TUES, DEC. 16-THURS, DEC. 18, 2014 $MACY'S MONEY REWARD CARD

LAST 2 DAYS TO USE‡ YOUR MACY'S MONEY
WED, DEC. 17 & THURS, DEC. 18

USE IT ONLINE OR IN-STORE! USE IT ON TOP OF COUPONS & SALE PRICES! EVEN ON OUR BEST BRANDS—INCLUDING COSMETICS & FRAGRANCES!

SHOP 8AM-MIDNIGHT! WED, DEC. 17-THURS, DEC. 18

3-DAY SALE

IT'S THE PERFECT TIME TO WRAP UP YOUR HOLIDAY SHOPPING!

30%-75% OFF

TAKE AN EXTRA $10 OFF† WED 'TIL 1PM OR THURS 'TIL 1PM **OR** TAKE AN EXTRA 20% OR 15% OFF† WITH YOUR MACY'S CARD OR PASS

★macy's WOW! $10 OFF

ALL SALE & CLEARANCE APPAREL AND SELECT HOME ITEMS (EXCEPT SPECIALS & SUPER BUYS)

$10 OFF

YOUR PURCHASE OF $25 OR MORE.

VALID 12/17 'TIL 1PM OR 12/18/14 'TIL 1PM. LIMIT ONE PER CUSTOMER.

ALSO EXCLUDES: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic shoes for him, her & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services, macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value & may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $25 or more, exclusive of tax and delivery fees.

00035205107518023110

★macy's WOW! PASS

EXTRA SAVINGS ON ALL SALE & CLEARANCE APPAREL! (EXCEPT SPECIALS & SUPER BUYS)

EXTRA 20% OFF

SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS, PLUS FINE & FASHION JEWELRY
EXTRA 15% OFF ALL SALE & CLEARANCE WATCHES, COATS, SUITS, DRESSES, IMPULSE, INTIMATES, SWIM FOR HER; SUIT SEPARATES & SPORTCOATS FOR HIM; SELECT SHOES & HOME ITEMS

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic shoes for him, her & kids, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES.

TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!
Max 3 msgs/wk. Msg & data rates may apply. By texting CPN from my mobile number, I agree to receive marketing text messages generated by an automated dialer from Macy's to this number. I understand that consent is not required to make a purchase. **Text STOP to 62297 to cancel. Text HELP to 62297 for help.** Terms & conditions at macys.com/mobilehelp Privacy policy at macys.com/privacypolicy

00035205100318493114

VALID 12/16-12/18/2014

WE'RE GIVING YOU OVER $100 IN HOLIDAY DOLLARS
to make your shopping easier!

You can use your holiday dollars with any form of payment you choose. You'll even save on top of sale prices throughout the store! It's the perfect time to get all your holiday shopping done at Macy's!

★macy's WOW! PASS HOLIDAY DOLLARS
$15 OFF YOUR PURCHASE OF $50 OR MORE

ALL SALE & CLEARANCE APPAREL & SELECT HOME ITEMS PLUS FINE & FASHION JEWELRY

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances,athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $50 or more, exclusive of tax and delivery fees.

VALID 12/16-12/23/14. LIMIT ONE PER CUSTOMER. CANNOT BE USED ON SPECIALS OR SUPER BUYS.

00035708107518063118

★macy's WOW! PASS HOLIDAY DOLLARS
$15 OFF YOUR PURCHASE OF $50 OR MORE

ALL SALE & CLEARANCE APPAREL & SELECT HOME ITEMS PLUS FINE & FASHION JEWELRY

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $50 or more, exclusive of tax and delivery fees.

VALID 12/16-12/23/14. LIMIT ONE PER CUSTOMER. CANNOT BE USED ON SPECIALS OR SUPER BUYS.

00035708107518063118

★macy's WOW! PASS HOLIDAY DOLLARS
$25 OFF YOUR PURCHASE OF $100 OR MORE

ALL SALE & CLEARANCE APPAREL & SELECT HOME ITEMS PLUS FINE & FASHION JEWELRY

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $100 or more, exclusive of tax and delivery fees.

VALID 12/16-12/23/14. LIMIT ONE PER CUSTOMER. CANNOT BE USED ON SPECIALS OR SUPER BUYS.

00035708107518123119

★macy's WOW! PASS HOLIDAY DOLLARS
$50 OFF YOUR PURCHASE OF $200 OR MORE

ALL SALE & CLEARANCE APPAREL & SELECT HOME ITEMS PLUS FINE & FASHION JEWELRY

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories; Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. Purchase must be $200 or more, exclusive of tax and delivery fees.

VALID 12/16-12/23/14. LIMIT ONE PER CUSTOMER. CANNOT BE USED ON SPECIALS OR SUPER BUYS.

00035708107518333112

FREE SHIPPING EVERY DAY + EXTRA 20% OR 15% OFF + FREE RETURNS AT MACYS.COM! FREE SHIPPING WITH $99 PURCHASE. Use promo code: *MERRY* for extra savings; offer valid 12/14-12/18/2014. Exclusions apply; see macys.com for details. Free returns by mail or in-store. U.S. only. Exclusions apply; details at macys.com/freereturns

the magic of macy's .com

†EXCLUSIONS APPLY; SEE SAVINGS PASSES. HOURS MAY VARY BY STORE. VISIT MACYS.COM AND CLICK ON ***STORES*** FOR LOCAL INFORMATION.

3-DAY SALE PRICES IN EFFECT 12/16-12/18/14. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES THROUGH 1/3/15, EXCEPT AS NOTED.

‡USE YOUR MACY'S MONEY REWARD CARD from 12/16-12/18/14. May not be: redeemed for cash, used to purchase Macy's gift cards or applied as payment or credit to your credit card account. For more information, go to macys.com/macysmoney

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.